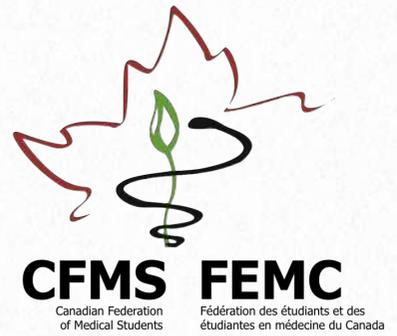


CFMS National Wellness Committee



RESIDENCY PROFILES



2017

1

Introduction



Welcome to the first iteration of our Residency Profiles handbook, presented to you by the CFMS National Wellness Committee. A physician in today's workforce requires a truly multifaceted skill-set - from leadership to clinical knowledge. And importantly, there has been a renewed emphasis on the responsibility of a physician in the 21st century to prioritize and focus on personal wellness, as supported by the changes in the 2015 CanMEDs criteria.

As medical students, we face the difficult decision of selecting not only a discipline but a location to dedicate our careers. We are cognizant that a career encompasses not only the medicine, but also our lives outside of medicine. The purpose of this handbook is to provide insight into potential career choices at specific locations across Canada. We hope our student members recognize that the information provided is a snapshot in time from residents who have offered their time to share their personal thoughts and experiences. They do not represent a program, but represent an valuable anecdote from which our student members can learn from and expand upon.

We hope you find the following thoughts useful as one of many tools in your career exploration. We sought to provide national mentorship through this guide and look to build upon this for future iterations. We will strive to continue developing this year to year, with an aim to increase the transparency between residency and undergraduate medicine. We look forward to hearing your feedback!

We wish you luck on whichever journey you choose. It will almost certainly be an amazing one. Take care of yourself and those around you!

Alyssa Lip

National Wellness Officer (Committee Chair) 2015-2017
Canadian Federation of Medical Students

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University of British Columbia	Emily Allin
University of Calgary	Amanda Annette
University of Alberta	Brandon Lieu and Paxton Ting
University of Saskatchewan	Ava Menezes
University of Manitoba	Alana Poon
Northern Ontario School of Medicine	Lauren Minty
Western University	Tianna Koreman
University of Toronto	Sally Kang
McMaster University	Michael Nyugen
Queen's University	Elisabeth Merner
University of Ottawa	Itai Malkin and Bridget McDonald
McGill University	Morgane Laverdure
Memorial University of Newfoundland	Michelle Moody
Dalhousie University	Meghan Plotnick
CFMS National Wellness Officer	Alyssa Lip
CFMS VP Services	Han Yan

Table of Contents

2. Anatomical Pathology	5
3. Anesthesiology	12
4. Cardiac Surgery	37
5. Dermatology	41
6. Diagnostic Radiology	45
7. Emergency Medicine	58
8. Family Medicine	77
9. General Surgery	159
10. Internal Medicine	175
11. Medical Biochemistry	206
12. Neurology	210
13. Neurosurgery	221
14. Obstetrics and Gynecology	225
15. Ophthalmology	239
16. Orthopedic Surgery	246
17. Otolaryngology	250
18. Pediatrics	253
19. Physical Medicine & Rehab	283
20. Plastic Surgery	291
21. Psychiatry	294
22. Public Health	322

Table of Contents

23. Public Health & Preventative Medicine Incl. Family Medicine	327
24. Radiation Oncology	331
25. Urology	336

2

**“Certainty is usually a sign
of pathology”**

– B. W. Powe

ANATOMICAL PATHOLOGY

WORDS OF WISDOM

Senior Resident 1

If you have any interest at all in pathology, learn more about it. You won't be disappointed

PROGRAM

How satisfied are you with your current specialty?

Very satisfied

Were you surprised about any aspects of your residency?

No

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Much better

Senior Resident 2

• Consider lab medicine! It's not a perfect fit for everyone, but for people who enjoy diagnostic challenges and the "weird and wonderful", it's great!

• Very satisfied!

• Not really - the electives that I did in pathology as a medical student prepared me well for what to expect in residency.

• In the first year, which is a "rotating internship" type year, it was challenging to switch from discipline to discipline every month. I felt like I wasn't really consolidating the skills I was learning. In PGY2+, we only do pathology, which was more satisfying in terms of developing mastery of a particular task or skill.

• It's been very positive. I'm fairly prone to anxiety and "impostor syndrome", and during clerkship often felt like I was practicing at the edge of my competence. The stability of residency helped for me to feel more confident in my skills and knowledge base. Pathology is also a mostly low-acuity specialty, which has been great for me. There's always time to look stuff up.

HEALTH and LIFESTYLE

Senior Resident 1

How has your lifestyle changed relative to clerkship?

More regular work times, less stressful, money!

Do you have time for exercise and meal preparation, respectively?

I would have time if i wanted to.

I often buy [food] but would have time to prepare if i wanted to.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Enough time. 8-6 weekdays, rarely called in on weekends.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

It's fine, don't worry. I have a wife and child, things are great in residency

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes.

What is the social life like in your residency city?

Fine.

Senior Resident 2

• No overnight call! Pathology call is the best call.

• I definitely have the time, but don't always avail myself of the option.

• I prepare dinner on average 2 times per week, and my partner does the same. We mostly eat left-overs on the other days. About the time I buy lunch, and the other half I bring lunch from home (either a sandwich or leftovers).

• Most weekends I have time for myself, but I do spend a few hours every weekend studying. My typical weekday hours are 8am - 5:30pm. Some weeks are more busy than others, and on busy weeks I stay longer (until 7 or 8pm or so) or work from home in the evening.

• My partner was also in a medical field, so he has been very understanding of times when I've been busy or stressed. Overall, I don't think it has affected my relationship very much.

• I've found it hard to keep in touch with friends from med school who have moved away.

• I mostly socialize with friends over board games.

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes, excellent mentorship.

Senior Resident 2

- The senior residents have been great. In our program, we do a lot of resident-led teaching sessions, and the senior residents are great resources to learn from. At the main site, we do most of our work in the residents' room, and the senior residents are almost always willing to answer questions or take a look at a case that you're struggling with.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes, haven't had to use them.

- Part of our pay package includes a health spending account, which can be used to pay for things like massages, counselling, etc. I'm not that familiar with other resources that are available.

Can you comment on the faculty supports for accommodations?

Fine.

- The department seems very willing to accommodate our needs and support us through residency.

How are you doing financially? What are some ways you are coping with any financial issues?

Fine.

- I have been doing fine financially.

WORDS OF WISDOM

Junior Resident 1

If you have any interest at all in pathology, learn more about it. You won't be disappointed

PROGRAM

How satisfied are you with your current specialty?

Very.

Were you surprised about any aspects of your residency?

No

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Intern year was the most difficult so far due to poor working hours.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Improved because now I am in a specific field that I enjoy.

Senior Resident 1, 2, 3

- No wrong choice.
- Can you picture yourself living/working in chosen field at chosen location for the next 2-5 years?
- Have an inspired mentor and chose the specialty of interest.
- Love it.
- Moderately satisfied.
- Very satisfied.
- How much of my work is actually dealing with people.
- A surprising amount of otherwise rare diseases.
- Less exposure to tropical infectious disease.
- Work like balance with children and physician spouse.
- Initially, yes but quickly adjusted.
- In previous years, for all the reasons a resident might have.
- Difficult recently.
- Increased depression, decreased motivation.
- None.

HEALTH and LIFESTYLE

Junior Resident 1

How has your lifestyle changed relative to clerkship?

Less free time in residency.

Senior Resident 1, 2, 3

- More routine and more demands.
- Living alone (separated prior to entering residency program)
- Better

Do you have time for exercise and meal preparation, respectively?

Most days, usually about 5 days/week.

Daily.

- No.
- Husband cooks mostly.
- I walk to and from work (approximately 1 hr/day).
- Prepare them myself. Occasionally buy/order meal.
- Yes, daily.
- Both. [buy and prepare food]

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekday hours 8-5.

- Never. 8-6 or 7-6 and study every night 8-12.
- Weekends study all day both days.
- Almost always find time for myself on weekends.
- Days are normally 8:30-5:00.
- Variable

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

- Life is complicated and short. Be happy. Still married.
- Difficult but not impossible

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

- No. Time. Children.
- No, due to distance.
- Not seeing the same people very often.

HEALTH and LIFESTYLE

Junior Resident 1

Senior Resident 1, 2, 3

What is the social life like in your residency city?

• What social life?

•

• I don't know.

•

• Good.

•

•

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SUPPORT and RESOURCES

Can you comment on the support from senior residents, and the mentorship in your program?

Yes- senior residents have been great

• Yes, some.

•

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Program director, post grad office, other residents

• None that have helped.

•

• Yes, program director and a counselor are available.

•

•

Can you comment on the faculty supports for accommodations?

No

• No complaints, handle it well.

•

• Accommodating as per needed

•

How are you doing financially? What are some ways you are coping with any financial issues?

Making a clear budget

• Fine.

•

• In a lot of debt. Living paycheck-to-paycheck.

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• Doing good, no issue.

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3

“KEEP CALM
Anesthesia
IS
HERE”

ANESTHESIOLOGY

WORDS OF WISDOM

Junior Resident 1

Choose a place you will have support (family, friends, etc) since eventually you will reach a point where you want to be away from the hospital and not think about medicine...and if you can't do that in a safe environment you will burn out. :)

PROGRAM

How satisfied are you with your current specialty?

Very

Were you surprised about any aspects of your residency?

No

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Having family/friends already in the city helped. Increased level of responsibility at work was the most difficult thing to adjust to.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Negatively

Senior Resident 1

• EVERY program has pros and cons. No program is perfect. It is important to pick a program that is the right fit for you but also a city that you don't mind living and potentially working in after residency.

• Very satisfied!

• The variability of cases we see in addition to patient co-morbidities makes every day interesting. We can have a positive impact in patient care outside of the OR with pain management (both acute and chronic) as well as pre-operative optimization.

• I transferred into my program in my PGY-2 year. I did struggle initially with being at new sites, with new co-residents and working with new staff anesthesiologists, however it only lasted a few months. I quickly found my place in the program and am so thankful to be a part of it.

• I completed medical school in Saskatoon and moved to Ottawa for my first year. Although the program was fantastic it was very difficult on my personal life as it meant a longer distance between me and my fiance. I was very thankful that my transfer request was accepted in Calgary and so much happier personally because of it which I think had overall a positive impact on my mental well being.

HEALTH and LIFESTYLE

Junior Resident 1

How has your lifestyle changed relative to clerkship?

Less time to do much of anything

Do you have time for exercise and meal preparation, respectively?

No. Once to twice weekly.

Prepare them myself, once weekly.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Every other weekend when not on call? Weekday hours are ~5a to 7p when you include time to commute, work at the hospital, preparing for the next day's patients (and not including time to read at home).

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Manage expectations and communicate with your partner. Alternatively, just have a partner whose schedule is as busy as yours so you never have to worry about them feeling neglected...

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes. Geography is the biggest challenge with folks everywhere across the country.

What is the social life like in your residency city?

Decent?

Senior Resident 1

I don't think it has changed drastically. Having a salary and good benefits and no longer having the expense of tuition and books is great.

No, but that has more to do with me being lazy then not having time. I think if I wanted to I could exercise regularly...perhaps less in R5. I know many co-residents who make it a priority and make time to exercise.

Realistically 30% of time

Typically weekday hours: 6:30 am I am setting up the OR...I usually end some time between 4-7pm. weekends I do find time for myself and enjoy spending time with my husband. I find I am on call usually 2 weekends every month.

I would say try to avoid being long distance with your partner if you can...compromise on geography if you feel there isn't much difference with regards to what you are seeking in a program. Medicine is a funny field and so much of the match process is not in our control. It is sad that it separates people and puts a wedge in relationships at a time when that support system is crucial.

Absolutely! I have had a close group of friends for a number of years. They are busy themselves and understand when I am busy.

I think its pretty good...but I don't go out much...again more of a personal choice rather than residency.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes. There is a formal mentorship program but the seniors are open to chatting with you whenever and half days are a nice opportunity to see everyone.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

There is a residency wellness person and mental health supports at the school in addition to the province-wide physician & family support program but I have not used either so cannot comment on accessibility.

Can you comment on the faculty supports for accommodations?

Changing out of the specialty is easier than changing in. For parental leave/absences faculty are fairly supportive.

How are you doing financially? What are some ways you are coping with any financial issues?

I am fine but I didn't have much debt going into residency and I live a sedate lifestyle aka no nightly clubbing or expensive meals out.

Senior Resident 1

I am a senior resident and I try to support the junior residents as much as I can as I remember the challenges.

I definitely have staff who I look to as mentors and know that I can approach during difficult times.

I have found my faculty to be supportive. I am very thankful they accepted my transfer!

Definitely a huge difference when you are in the same city as your partner and are able to share the cost of living!

WORDS OF WISDOM

Junior Resident 1, 2, 3

Talk to as many residents in as many locations and get a real broad picture because you want to know the goods/bads of a program and the city you'll be living in.

PROGRAM

How satisfied are you with your current specialty?

Overall I am mostly satisfied.

Very satisfied

Extremely satisfied

Were you surprised about any aspects of your residency?

Despite being a smaller city, Saskatoon has a large catchment area. There is no shortage of traumas and really sick people here. After 5 years, I will be battle-tested and ready to work anywhere.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Coming from a medical class of 180 students where we could podcast most of our lectures, I worked around my own schedule. However, residency requires working around the program's schedule. This was a tough adjustment but one that I would have had to deal with in any residency program. Also since there are only 6 residents per year, our performance is examined much more closely and the pressure is that much higher. In terms of location, I came from Toronto but have lived in smaller cities like London and Calgary so it wasn't a huge adjustment.

Increased call responsibilities

A long distance relationship

Senior Resident 1, 2, 3

- Look at all aspects of your life. What do you see yourself doing not only through residency but life long. Remember medicine is only one aspect of your life. Don't forget about everything else

- Very satisfied

- Reasonably

- Very

- No

- No

- Amount of emotional energy required.

- No

- No

- Added responsibility. Occasional sense of isolation during off service rotations.

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Compared to medical school, how has residency and your specific location affected your mental health?

Residency has provided more certainty and directed goals. Whereas in medschool, the uncertainty of where I will practice, the breadth of general learning objectives made me feel at times like I didn't know which direction I should go. In that sense, my mental health is alot better..

Forced me to focus more on my mental-wellbeing and coping mechanisms

I am happier

How has your lifestyle changed relative to clerkship?

Busier, more responsibility, but overall more meaningful.

Unchanged

Living with my spouse

Do you have time for exercise and meal preparation, respectively?

Yes but I don't.

3 days a week.

3-4 times per week

Buy meals 40% of the time, prepare my own meals 60% of the time

I try to however, it usually ends up being three to four times a week.

Prepare them myself, 5 days a week

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Every other weekend on avg. 630 am to 5 pm.

I usually set aside Saturday for myself and work approximately 70 hours per week.

I attempt to find time each weekend. Weekday hours range but are at least 8 hours in duration.

Senior Resident 1, 2, 3

- No effect
- More demanding
- Can often be a challenge but tolerable knowing you are rapidly approaching your goal

- Better
- Much more demanding
- More focus on getting work done and less so on studies (unfortunately)

- 5-6 days a week
- Every day
- No time
- Often buy - especially at work. And hospital food is terrible in taste as well as quality and is expensive.
- Time available
- Mix. 50% buy, 50% leftovers

- Weekdays typically 700-1630
- Hardly ever. Often work 70-80 hours/week
- 60(+) work week. Weekends including sleeping in and catching up on life's to do's

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

It helps if they can move with you.

Discuss relationship and time management expectations with your partner. Declare your study needs with your partner and hear what their needs/expectations are in terms of the time they expect you to spend with them. Always maintain open communication and hear each other out. Residency has changed my relationship in terms of me striving for better time management so I can be with my partner.

Make time for your spouse, talk about expectations and plan accordingly

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Somewhat. I have kept in touch with really close friends.

Increased call responsibilities makes it difficult to maintain a past social support network but I was able to adapt to this through better planning and time management.

Time zones.

What is the social life like in your residency city?

Fun-loving kind people, it's more fun than I expected.

Excellent

Very fulfilling

Senior Resident 1, 2, 3

Try to make time for people you care about

No advice

Ensure your partner is well aware of the time commitment required.

Yes

No. no time for friends, much less for family

It has suffered. Balance between personal, studies and work.

Fine

I don't know

Available time allowing

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Can you comment on the support from senior residents, and the mentorship in your program?

Some yes, some no. There is a formal mentorship program but it's the unofficial ones that are most helpful.

Senior residents were very supportive with many offers for guidance and membership.

Yes. Mentorship occurs on both a formal and non-formal basis.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes, we'd start with your program coordinator as a starting point. But we also have 3rd party resources readily available via the university and the provincial medical association.

Residency Resource Office, Counselling

First and foremost, our department is extremely attentive to the needs of its residents and encourages us to come forward if we are ever feeling burnt out or worn down.

Can you comment on the faculty supports for accommodations?

Very supportive and understanding, it is one of the best perks of this program.

Excellent faculty supports

Unable to at this time.

How are you doing financially? What are some ways you are coping with any financial issues?

The Sask government pays for my student loans interest. My monthly income is enough for my wife and I to live our lives modestly but comfortably. We are unable to save enough to chip away at our student debt though.

No concerns currently.

Senior Resident 1, 2, 3

The senior residents in my program were great; always there to answer questions

Yes

Not a significant amount of formal interaction although available upon request

Our program is always there for us if we need them

No. I don't know.

Yes. Department and college resources regularly advertised

Very good

It's okay

Very supportive

In a lot of debt. It would be nice if our resident salaries reflected the stage we are in life.

I'm okay

No financial concerns

WORDS OF WISDOM

Senior Resident 1

- If you love a particular area of medicine then go
- for it. If you like a few programs but haven't fallen
- in love then I'd suggest picking something that
- you can foresee being a better lifestyle. As part
- of my effort to prioritize my family, wife, and
- friends I chose to remain in my home city for resi-
- dency and I think it would have been more diffi-
- cult for me to move away.

PROGRAM

How satisfied are you with your current specialty?

- Satisfied.

Were you surprised about any aspects of your residency?

- I was surprised how many additional responsibili-
- ties there are outside of work and study.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

- There is a steep learning curve, and you never
- see how well you compare to your peers. It is
- easy to feel inadequate when you can only com-
- pare yourself to the staff person.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

- Minimal effect. Perhaps more tired.

How has your lifestyle changed relative to clerkship?

- A little more flexibility about when I study. No
- cram/relax cycle around exam times. Some
- months are much busier than med school, others
- are more relaxed.

Do you have time for exercise and meal preparation, respectively?

- I cycle daily. Other than that my exercise is infre-
- quent.
- Prepare myself 95% or more of the time.

HEALTH and LIFESTYLE

Senior Resident 1

How often for you find time on weekends for yourself? What are your typical weekday hours like?

- On a non-call weekend I frequently have the majority of the day to spend as I wish. My weekday hours are usually 7-4:30 or 5 at the hospital.
- Around 1 or maybe 2 hours of studying per night depending on cases.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

- Ensure you spend time on your relationship. It is common to get overly absorbed in the residency program. It is 5 years long for a reason. If your relationship is important to you it needs to be a priority. Medicine will always absorb as much time as you allow and your relationship will suffer if this happens. Residency will certainly continue to stress test any relationship, however if you maintain the relationship as a priority I think that residency can strengthen a relationship as it is a challenge that can be overcome together as a couple. Also keep in mind that when you choose to go "above and beyond" at work this will affect your partner. Decisions about extra projects, new administrative roles, travelling for work and electives should be a team decision.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

- Yes, my friendships and family relationships have remained strong. We see each other less often but your friends and family relationships should remain a priority to help you through residency and add balance. I try to see one group of friends every 2 weeks. I try to lump groups together rather than seeing a single friend at a time.

What is the social life like in your residency city?

- The city itself has plenty of opportunities for social activity. PARIM (the residency union in MB) makes strong attempts to organize social activities.

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

- I think the current senior residents are very supportive. Our mentorship program was recently
- reestablished although it is likely not as strong as
- programs elsewhere. The quality of the informal
- mentorship is high.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

- There are resources through the school and residency program and other people who have utilized them have had positive experiences. I tend
- to use my fellow residents, my non-medical
- friends, and my wife and family as support during
- times when I am struggling.

Can you comment on the faculty supports for accommodations?

- I have not had any special considerations personally. Other people within the program have had
- special accommodations made and the department seems overall receptive and flexible.

How are you doing financially? What are some ways you are coping with any financial issues?

- Financially stable. Own a house and debt free
- aside from mortgage. My wife is a professional
- as well earning a similar income. We achieved
- our current financial status in a few deliberate
- ways. Firstly, I signed return of service agreements for service to Manitoba following residency. We opted to live in an inexpensive apartment for 2 years paying off my debt and then saving up a down payment. We also prepare our
- own food at least 95% of the time. We rarely go
- out to drink but frequently host friends. Despite
- this goal of frugality in the last 4 years we have
- traveled, own two cars, got married, and purchased our house. I think its about prioritizing
- the type of spending you want to do.

WORDS OF WISDOM

Junior Resident 1

Choose a residency program where you feel that you fit best. Look for people that are similar to you in goals and values, and pursue that residency program.

PROGRAM

How satisfied are you with your current specialty?

: Very

Were you surprised about any aspects of your residency?

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

It was most difficult to adjust to the high degree of acuity seen in our surgical population. LHSC at UWO treats extremely sick patients, and exposes learners to these cases from the very start of residency, often with a high degree of independence.

: City's not the greatest. Program is pretty good. Staff really care, treated well.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

I am certainly less worried about academic issues in residency. There is not quite the same degree of concern about "passing" my courses. However, I frequently find myself in critical situations with very ill patients, and that can be very stressful both during and after the situation has occurred.

: If excluding pre-clerkship, residency has been much better than clerkship.

How has your lifestyle changed relative to clerkship?

: Increasingly less time to do non-work related things; but expected as [a senior].

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

I cook for myself perhaps three times a week, often a larger meal that can last for a few days. For the rest of the week, I am eating leftovers or buying food at the hospital cafeteria.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

When I am on an anesthesia rotation, I usually arrive at the hospital between 0630 and 0715, depending on whether there is morning teaching (2-3 times per week) and how complex the setup will be for my case. Most days the OR runs until about 1700-1800, though some days can be shorter. If there are any inpatients scheduled in my next-day's OR, then I will see them and complete the preanesthetic evaluation. Most days I arrive home around 1900hrs. Then I will typically spend an hour reviewing my patients' electronic charts for the next day, which I can do via remote access from home.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Personally I have found that my wife and I have grown closer during residency. It has been a challenging time for both of us so far, and I think that shared challenge has helped our relationship grow stronger. Overall, I think we actually have more time together than we did in medical school, because I have less studying to do on my "free time."

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I moved quite far away from home for residency, so I have not maintained my prior social networks very well. I keep in touch with them via Facebook

What is the social life like in your residency city?

Senior Resident 1

• 3-5 times per week

• Prepare myself. 95% of the time.

• ORs run 8-6 at most. In hospital 7-6:30; odd rotation will keep you till 8pm, or sometimes leave as early as 3-4. Typically done between 5-6pm though.

• City sucks. People are good

SUPPORT and RESOURCES

Junior Resident 1

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes, I have found the senior residents very supportive overall, both on- and off-service.

They're great (biased because I'm one). But really, everyone is really supportive.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yeah... sort of... don't have first hand experience, but it's there if you need it.

Can you comment on the faculty supports for accommodations?

How are you doing financially? What are some ways you are coping with any financial issues?

I find this extremely difficult; perhaps the greatest stressor in my life right now. Residents do not make a very large amount of money per month, and I find my student debt crushing. The job market is not good here; unemployment is much higher in London than in Ontario or Canada generally. This has made it difficult for my wife to find a job here.

Definitely a huge difference when you are in the same city as your partner and are able to share the cost of living!

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

3 times per week.

I prepare meals 2-3 times a week. Usually that will cover me for most of the week but when I have busy weeks with lots of call I often stop cooking and will order in more.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

6h30-3h30

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

I am now in a long-distance relationship which sometimes can be difficult but also makes me appreciate the moments I spend with my partner. Given that we only live a 1h flight / 5h train ride away from each other, we see each other fairly often.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Distance

What is the social life like in your residency city?

Great! I had lots of friends in Toronto already and have made more through my program. Between that and staying in touch with my family and friends in Montreal I have a busy social calendar.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes. I don't often work with senior residents given the nature of my specialty but the senior residents I have worked with on off service rotations have been very supportive.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes. I have had multiple presentations about the services offered in Toronto and feel well equipped should the need arise.

Can you comment on the faculty supports for accommodations?

Not sure. Haven't had to use those.

How are you doing financially? What are some ways you are coping with any financial issues?

Toronto is an expensive city so as a PGY-1 I am pretty much living pay check to pay check but at the same time I do not feel like I am restraining myself at all in terms of expenses. I have signed up for personal training sessions and go out as often as I want.

WORDS OF WISDOM

Junior Resident 1, 2, 3

Couples match.

Don't minimize the importance of proximity to friends and family.

Couples match!

PROGRAM

How satisfied are you with your current specialty?

Very much

Moderately

Very much

Were you surprised about any aspects of your residency?

So far, residency is as expected

Hierarchy is rigid.

The average BMI in Newfoundland

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

A long distance relationship

Yes; location, culture, weather, travel distance.

A long distance relationship

Senior Resident 1

• Imaging your life 5, 10, 20 years from now. Try
• and really think of what will still make you happy
• then. Speak with staff in the specialty you're con-
• sidering now about what they like and what they
• don't like about it. It gives you perspective.

• Very. Couldn't imagine doing anything else.

• No

• No. People were very friendly so it felt like home
• quickly. The most difficult thing to adjust to was
• the weather. Honestly! I'm use to 4 seasons.
• Only really 2 here and lots of rain and fog!

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Compared to medical school, how has residency and your specific location affected your mental health?

Very much improved

Worse

Well

How has your lifestyle changed relative to clerkship?

People acknowledge my existence

More rigid training environment.

Less debt.

Do you have time for exercise and meal preparation, respectively?

2-3 times per week

Once per week

Yes; because I prioritize it.

Prepare daily. I buy nothing premade.

2 times per week

Most of the food I eat is cereal and yogurt. I cook once per week.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

I work on average 3 weekends per month. Typically weekdays start at 7am. They are supposed to finish at 5pm. It is not unusual to finish between 6-7pm.

Variable.

I make time for myself during the weekends. My weekdays are busy.. 645-700 to 1700-1900...

Senior Resident 1

Residency is a lot more challenging. There is more of an expectation on you. This can be challenging to deal with at times. The specific location itself hasn't impacted my mental health.

Less time for myself! Although I had 2 children during my residency so my life is completely different because I decided it to be.

I exercised ~4 days/week at a gym prior to children. Played hockey, ran outside. I had to get fitness equipment at home to allow me to continue after children. Preparing for my exams this year has made that aspect of life difficult to maintain. Down to 2-3 days a week at 5:00 AM at home. Not much time for organized sports anymore!

Myself or my partner prepares them. Whoever is home first! Anesthesia allows for early finishes to the day on occasion. During 5th year we've been ordering in more takeout. 2 days a week usually.

Not often now! My weekday hours as a PGY5 are 7-4ish with studying most evenings from 7-9:30.

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Do couples match. My partner and I tried to couples match, but unfortunately we chose our career over our relationship.

The move & work situation for my spouse has caused considerable stress.

Couples match. My relationship is still good, but long distance is hard.

Senior Resident 1

Long distance would be hard. Make time for your partner if you are in a relationship. Make it a priority. Residency has changed our relationship and put a strain on things at times because of my hours. This has mainly been an issue after having children. We have no family around to help. If you plan on starting a family during this time either ensure family is around or pay for help. It's the only way to get through and keep your relationship a priority. Your partner will often feel like a single parent. Try and think of how that feels.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Moved to a new city. Had to make new friends. The biggest challenge was to find people who had time to make new friends.

Moderately; biggest challenge is distance... all our friends are elsewhere.

Making new friends

Generally yes. We have some family that are able to travel to help on occasion. We've developed new relationships here that have added to our social support network. The biggest challenge in this regard is the distance from past social support networks.

What is the social life like in your residency city?

Average at most.

Poor. Local culture is very insular.

Wonderful

Very good over most of my residency.

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Can you comment on the support from senior residents, and the mentorship in your program?

Yes. We are assigned to a staff anesthetist who is our personal mentor.

Don't know.

Yes. Both senior residents and mentors are supportive.

Senior Resident 1

Senior residents have been incredibly supportive over my residency. We also have an amazing mentorship program that I have very much benefited from. I've been lucky to be surrounded by such good people over this time. Being a smaller program made a big difference for this, I think.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I have not used them yet. I would personally rely on friends, however.

Don't know.

Not sure yet.

Yes. I feel comfortable talking with other residents, certain staff, program director, etc. There are other resources available but I cannot comment as I haven't extended beyond the examples I gave.

Can you comment on the faculty supports for accommodations?

Our program director is very supportive.

Don't know

No comment

Very good. I felt very supported over my parental leave and returning from leave which was a challenge. It was hard to get back into things and people understood that.

How are you doing financially? What are some ways you are coping with any financial issues?

I am slowly paying off my student loans. I live in a crappy apartment, I keep my expenses to a minimum.

It is a struggle on one income. We are economizing and minimizing expenses as much as possible.

Okay, I suppose. I avoid unnecessary expenses

It's hard now that I'm at the end as my loan is the highest it will likely ever be. I've been better about budgeting over the last few years. Start this as soon as you can and make sure you have enough left for the final year as there are lots of expenses.

WORDS OF WISDOM

Junior Resident 1

Senior Resident 1, 2

- Look at the staff. Look at the residents. Staff is the longterm but residency takes a while so it matters too. Also some days it's really really hard.
- This happens. It's ok. Finally remember that you never really choose - you rank and Carms decides. Carms doesn't care about you, it cares about making the best match for most people.
- You may not get what/where you want. This often turns out ok, sometimes great, sometimes bad and usually can be changed. Good luck!

- Many options will be great. Many people get one of their top three choices. It's possible, but not easy to move between specialties. Be near family/friends if you are going to start a family.
- Five years goes by very quickly.

PROGRAM

How satisfied are you with your current specialty?

Very satisfied

• Very

• Very

Were you surprised about any aspects of your residency?

Far broader and more diverse scope of practice than I appreciated as a Med student.

• No, we are exposed to most, if not all disease states and patient populations

Sicker/more acute pts than I expected

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Long hours at work and little time to do other things

• Yes. Lonely for spouse and I at first. It got better but took 18 months.

• No, I moved from general surgery. The change was very positive. The most difficult thing was getting used to a much more positive culture of balance and encouragement

HEALTH and LIFESTYLE

Junior Resident 1

Compared to medical school, how has residency and your specific location affected your mental health?

Neutral to positive effect

How has your lifestyle changed relative to clerkship?

Less time for hobbies, family, self-care.

Do you have time for exercise and meal preparation, respectively?

3 days weekly to gym.

Prepare <50% of meals , rely on leftovers and takeout.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Working 2 weekends out of 4. Weekday 10-12 hours common

Senior Resident 1, 2

• We are far from family. Took a while to make friends. Residency is a lot of time so it's hard to make friends. Lonely for spouse when you are working a lot. Struggles with depression.

• Longer hours but more positive feedback and greater feeling of confidence/competence

• It's different.

• Have a family now. It depends which rotations I comparing. Overall not that different.

• No. Used to be a few times a week. Now with kids maybe once.

• All the time. If I don't pack lunch or dinner on call I won't get to eat it. We cook every night. I always eat breakfast. This is hard and it takes planning but time commitment is minimal.

• I could if it was a priority. I exercise 3-4 a week.

• My wife and I prepare our own meals almost eve-

• 7-5 m-f. 2 weekends/month. R5 so now I study everyday. I try to take one night off a week to hang out with spouse. Minimal me time.

• Hours are 7am to 5pm during the week. 4-5 call shift per month with pre/post call days off. Every weekend there is some time to get out to do something. Variable

HEALTH and LIFESTYLE

Junior Resident 1

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

High risk of divorce. Make time for partner. Highly stressful and time consuming work, will need to make effort not to forget loved ones.

Senior Resident 1, 2

Commit to your relationship. This is super important. Fill that cup. Spend time and energy at it. We got a cleaning person so that we have a nice clean house with out anyone being upset. Made a huge difference.

Live in the same city if you want to maintain the relationship. Schedule time together and make it happen.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

No. time is a limiting factor.

We live far. Texting and FaceTime help. It's really hard and often I fail.

I moved cities so no. I visit and call people at home, but we've also made new friends in Halifax.

What is the social life like in your residency city?

Not bad! Fun, collegial town, you get to know everyone well

My co residents are in a similar life stage so it's pretty great.

I see friends once a week. It's mainly resisted by family life. The residents often hangout together.

4

“At my age, an affair of the heart is a bypass”

– Joan Rivers

CARDIAC SURGERY

WORDS OF WISDOM

Senior Resident 1

- Do NOT rank somewhere you would not want to go, just to have another program on your rank list. You may actually end up there.

PROGRAM

How satisfied are you with your current specialty?

- Satisfied

Were you surprised about any aspects of your residency?

- Not really

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

- In many ways yes. It is hard to appreciate how busy you can be until you are actually living it.
- You also have a lot more responsibility than as a medical student.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

- it is more stressful, and busier. Harder to keep up with life outside of work.

HEALTH and LIFESTYLE

Senior Resident 1

How has your lifestyle changed relative to clerkship?

- Much less time to see friends, family and enjoy the things I like to do outside of work.

Do you have time for exercise and meal preparation, respectively?

- NO. It varies - sometimes I can exercise a few days a week, other times I can't at all.
- I try and prepare them myself. I would say at least 4 days a week.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

- Weekends- depends on call schedules. week day hours: 6:30am- 6 pm, unless rooms are running late then can be at work until 10pm

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

- An understanding partner is very important. Make spending time together a priority but understand it is not always easy to do.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

- Finding time to spend with others.

What is the social life like in your residency city?

- Good

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

· I am most senior, we do not have a mentorship program

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

· Not sure

Can you comment on the faculty supports for accommodations?

· N/A

How are you doing financially? What are some ways you are coping with any financial issues?

· Okay

5

**“So it’s a maculopapular
rash?”**

– Every other specialty

DERMATOLOGY

WORDS OF WISDOM

Senior Resident 1

Try to make sure you are choosing what you love to do and not what you think you should do, but also take reassurance in the fact that people DO switch programs and it's not as impossible as it is made to sound in medical school.

PROGRAM

How satisfied are you with your current specialty?

Very satisfied. It's a very rewarding and interesting area of medicine.

Were you surprised about any aspects of your residency?

No surprises.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

The biggest adjustment was the volume of reading required once in residency, particularly once the off-service training years were completed. Support in the program from both fellow residents and staff has made it more manageable, however.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

There is more pressure in residency, both because of the Royal College exam and the fact that you will soon be practicing on your own, so I've had slightly more anxiety about that aspect of things.

Senior Resident 2

Really think about how you fit in with the people at the program - you have to work closely with them for five years, and there is major interpersonal dysfunction at some programs.

Very satisfied

Heavy reading commitment, very detail-oriented and esoteric, academic

Depth of knowledge that we are expected to know took some adjustment.

Residency is a lot better - our program has great faculty and residents who all get along and are a tight-knit group, which really helps. Everyone is supportive.

HEALTH and LIFESTYLE

Senior Resident 1

How has your lifestyle changed relative to clerkship?

No significant change, my hours are more regular now so I am probably better able to have a schedule where I can fit in exercise and cooking. I still

Do you have time for exercise and meal preparation, respectively?

Close to daily - 5-6 times per week typically.

I try to prepare them myself most of the time, and probably end up eating out/getting something pre-made from the grocery store only about 2 times per week. I will cook about 5 nights/week.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Typical weekday hours are 8-5 or a slight variation on that. Call is one week in duration, and during those week, hours can be much longer depending on how many hospital consults are received. You might be at the hospital until the later evening (10 PM or so) occasionally. I still find time on weekends for myself - probably 2-3 out of 4 weekends, I am able to do activities for myself or get out of town.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Try to be understanding of each other's schedules. Call schedules and work hours won't always line up, and you might have time free when the other person is very busy. Do your best to help each other out when one person is particularly busy at work/with call.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I am not able to see friends quite as frequently due to people's schedules not lining up - eg a friend will be on call when I am not, and then vice versa. It becomes difficult to coordinate but we still make it work once a month or so..

Senior Resident 2

Less anxiety around CaRMS, more regular hours, more stability

I probably have time to exercise daily but end up exercising 3-5x/week.

Usually prepare my own meals, 85% of the time.

Weekends are occasionally spent on call, but otherwise we get weekends off. Weekday hours are 8:30-5 usually.

Don't tie yourself down to the wrong person, it can cause a lot of added stress.

Yes - the biggest difficulty is coordinating schedules between different residents in different programs!

HEALTH and LIFESTYLE

Senior Resident 1

What is the social life like in your residency city?

Social life is great, lots of good restaurants and bars to check out. Many young professionals in the city.

Senior Resident 2

People are friendly and there's always lots going on.

SUPPORT and RESOURCES

Can you comment on the support from senior residents, and the mentorship in your program?

Senior residents in our program are incredibly supportive, and are constantly providing junior residents with additional resources and tips for studying/preparing. They are incredibly encouraging, and it's nice to know that they have also felt overwhelmed in their training, and have ways to help manage that.

Very, very supportive. In a smaller program like dermatology, you find a few people you click with and they can be invaluable mentors.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Counsellors are available at the U of C student wellness centre. There's also the AMA physician family support program.

Can you comment on the faculty supports for accommodations?

Can't comment.

How are you doing financially? What are some ways you are coping with any financial issues?

No financial issues.

Comfortable - as a single person with no dependents, residency salary is pretty comfortable after living the student lifestyle for so long.

6

**“Clinical correlation
required...”**

– Every Radiologist

DIAGNOSTIC RADIOLOGY

HEALTH and LIFESTYLE

Senior Resident 1

How has your lifestyle changed relative to clerkship?

- More active
-
-
-
-

Do you have time for exercise and meal preparation, respectively?

- 3-4 times per week
-
- Prepare. Everyday
-
-
-

How often for you find time on weekends for yourself? What are your typical weekday hours like?

- 2 weekends a month
-
-
-
-
-

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

- Not enough time for romance
-
-
-
-
-

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

- Distance
-
-
-
-
-

What is the social life like in your residency city?

- Not much
-
-
-
-
-

WORDS OF WISDOM

Junior Resident 1

I think lifestyle has become too much of a buzz-word these days. Make sure you really enjoy what you're doing. Be open to liking something you wouldn't expect to. Get started early on investigating career paths.

PROGRAM

How satisfied are you with your current specialty?

Not very

Were you surprised about any aspects of your residency?

Difficult to answer. Yes. I found much of my training experience revolved around my main preceptor, whom I had for 4 months, and did not jive well with. For that reason, it really effected my experience. Also, I found as an off service resident expectations were very high (ie. to output work) as opposed to being a learner. Occasionally I felt "discriminated" against for being in family medicine.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Difficulty in managing other learners

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

HEALTH and LIFESTYLE

Junior Resident 1

How has your lifestyle changed relative to clerkship?

.....

Do you have time for exercise and meal preparation, respectively?

Meals: Almost never. Probably once or twice a week for dinners. I eat out a lot more than I used to

.....

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekends are often free

.....

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

My girlfriend and I broke up. I'm not sure that residency was the cause but it was part of it

.....

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

It has been a challenge

.....

What is the social life like in your residency city?

I find it difficult to relate to non-medical people currently and my co-residents are busy with their family lives

.....

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

In my program there is only first and second year fm cohorts but yes they were supportive last year

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes. There are services available.

.....

Can you comment on the faculty supports for accommodations?

Supportive

.....

How are you doing financially? What are some ways you are coping with any financial issues?

.....

HEALTH and LIFESTYLE

Senior Resident 1

How has your lifestyle changed relative to clerkship?

• Drastically. I have had to forfeit many hobbies in residency.

•
•

Do you have time for exercise and meal preparation, respectively?

• Basically never, however I have a young baby at home and was able to exercise a few days a week prior to him!

•

• Always pack. Every other day.

•
•

How often for you find time on weekends for yourself? What are your typical weekday hours like?

• I work 1/3 weekends on call. Weekday hours are 7:30-5:30 ish

•
•
•

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

• it is challenging. Make time for each other.

•
•
•

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

• Time.

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•
•

What is the social life like in your residency city?

• Great! I love my co residents and peers.

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•
•
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WORDS OF WISDOM

Senior Resident 1

- Pick the locations where you have your family
- and friends. 5 years is a long time to be away
- from your social circle. Pick a specialty that
- matches your lifestyle. if you want to have spare
- time, don't pick surgery or internal medicine etc.

PROGRAM

How satisfied are you with your current specialty?

- Very disappointed

Were you surprised about any aspects of your residency?

- Not enough exposure to procedures, and the al-
- lowance and acceptance of bullying and subpar
- rotations

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

- Yes!!! I hated the east coast. I got mistreated by
- staff, residents and technicians on a daily basis. I
- had to work very hard to get where I'm going.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

- i enjoyed medical school more for sure. [Resi-
- dency had] no expectations and we could do
- what we wanted. I found I was constantly pissed
- off about the way the staff treated us and frus-
- trated with the lack of opportunities to learn.

HEALTH and LIFESTYLE

Senior Resident 1

How has your lifestyle changed relative to clerkship?

• it didn't change. i kept on exercising and was
• very social.

•
•

Do you have time for exercise and meal preparation, respectively?

• Yes for sure.

•
•

• i prepare them. but very simple stuff.

•
•
•

How often for you find time on weekends for yourself? What are your typical weekday hours like?

• i made time to do outdoors things and had lots of
• time to myself.

•
•
•

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

• Haha. Good question. It's hard to find someone
• who understands our schedule but it is possible
• to have a relationship for sure. It must be worked
• at constantly and open communication.

•
•

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

• Yes i talk to my best friends back home regularly.
• No challenges.

•
•

What is the social life like in your residency city?

• i found some great ppl and feel fortunate to have
• them. they will be in my life always.

•
•
•

7

**“Zero the hero,
First the worst”**
– ER Triage / Kids in the playground

EMERGENCY MEDICINE

WORDS OF WISDOM

Senior Resident 1

Use your brain, but follow your heart. Don't pick something based on logic, you should feel at home there, whether for 2 years or 5.

Senior Resident 2

• Don't undersell yourself. There are a lot of stereotypes about various specialties, but the truth is that there is incredible diversity amongst physicians in any given specialty. A lot of medicine is about the stuff we don't learn in medical school and that's the whole point of residency. Don't convince yourself you aren't a "good fit" for a specialty that you love just because you don't conform to a particular stereotype.

• Spend time exploring different specialties early on and really focus on the bread and butter of what each specialty deals with day in and day out before deciding if it's the right choice for you.

• I would encourage you to also spend time thinking about the kind of lifestyle you want to have 10 or 20 years down the road. If you're career driven and want to have your life revolve around your work, that's great. If you want a more balanced lifestyle with time for interests outside of work, that's great too. Just recognize that work/life balance can be challenging in medicine and choose a program that will help you achieve not just the medical training, but also the kind of lifestyle that you want.

• Finally, when you're choosing a specific program or location, look at how the residents treat one another. Is it a cohesive, supportive group? Is there a sense of camaraderie between residents and with staff? Residency goes by pretty quickly, but it's also a time of immense change and it's so, so nice to know that your colleagues have your back through all the tough times.

PROGRAM

Senior Resident 1

How satisfied are you with your current specialty?

Very satisfied

Were you surprised about any aspects of your residency?

I initially went in because I love acute care, but I'm finding I also really enjoy the communication and patient advocacy available in emerg as well. I'm also surprised how much I have been able to ski and bike!

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No, Calgary has such a terrific resident group and family, so there was lots of advice about where to live etc that made settling in easy.

Most difficult was probably making good use of my time. I have lots of days free, which I should probably be using for studying, but inevitably end up biking/skiing/climbing

Senior Resident 2

: Extremely satisfied

:

:

: I was surprised by how much personalized support I got throughout residency (from annual longitudinal preceptor/mentors that we're paired with to all of the engaged medical educators in our department who know us all individually)

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HEALTH and LIFESTYLE

Senior Resident 1

Compared to medical school, how has residency and your specific location affected your mental health?

I think my mental health is better in residency; the expectations are clear and the CaRMS game is over!

Senior Resident 2

The stresses of residency feel a lot higher than those of medical school for a few reasons. Learning objectives and materials are no longer clearly laid out for us, we have to tackle a lot of problems that involve things we've never learned about in medical school (ie. navigating child and sexual abuse cases in the real world, learning the finesse points of consulting different services at different hospitals, etc). Overall, residency has helped me to develop clinical confidence, improve problem-solving skills, and dramatically increase my medical knowledge, but it has also had a decidedly negative impact on my mental health.

How has your lifestyle changed relative to clerkship?

I have a lot more balance.

I find that I no longer have as much time to exercise regularly and take care of my physical health. I'm lucky in that I have a non-medical spouse who has been incredibly supportive and helpful for meals, laundry, and other activities of daily living when the going gets busy.

Do you have time for exercise and meal preparation, respectively?

Yes, I get anywhere from 7-30 hours of exercise a week without too much trouble.

I used to in medical school, but now I'm exercising once or twice a week.

I cook every single night that I'm not on call or not socializing with friends. To be fair, if you're not much of a cook and live alone you'll probably buy your meals, but let's be honest, that's not going to be because you're short on time...

My fiance prepares my meals for me most of the time. Often I don't end up eating lunch at all when I'm at work. I will usually buy meals if I'm working at the hospital since we don't always have access to a fridge to store food.

HEALTH and LIFESTYLE

Senior Resident 1

How often for you find time on weekends for yourself? What are your typical weekday hours like?

We work two weekends a month, which means we have two weekends free! Additionally, if you're on weekend call you get a post-call day on Saturday or Sunday which you can do stuff on depending on how busy it was.

Senior Resident 2

- It depends on which rotation I'm on. If I'm on an emergency medicine rotation, most of my workdays are 9 hours long followed by 1-2 hours a day of studying and another 1-2 hours a day to manage extracurricular projects, research, presentations, or academic-related emails. I consistently get 1-2 weekends per month off, but I usually find that I need to spend half of the weekend catching up on work that I couldn't get to during the week.
- If I'm on a surgical rotation or ICU, it's usually about 10-12 hour weekdays at the hospital followed by 26 hour call shifts every 4 days.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Make sure your partner understands that they are unlikely to be top priority (at least not all the time). Many people don't understand the fact that even after you go to work, when you come home you will also be thinking about your next academic presentation, research project, etc which can be difficult for them to process why you might still need to work even though you're not 'at work'

- I was in a long term relationship when I started medical school and got engaged shortly before residency started. We've opted to postpone the wedding until after residency finishes for financial and time-related reasons, but I've also had lots of classmates get married during residency. I think I'm fortunate in that my fiancée has been a constant source of support throughout both medical school and residency training. He's been great about helping to clean the house, manage meals, and take care of everything not related to medicine and I always make sure he knows how much he's appreciated.

HEALTH and LIFESTYLE

Senior Resident 1

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes and no. I keep in touch with the people I was close with. My resident group is my closest friend group for sure, and then my biking/climbing/skiing friends. Frankly, my social circle has expanded more than it has contracted

Senior Resident 2

It's been challenging to maintain the same amount of social connection with friends and classmates since residency started. Our schedules are so busy and many of us are either in different cities or different residency programs now, so it can be hard to coordinate time together. It's nice that my medical friends understand what the lifestyle is like though, so we're very accommodating of schedule challenges and last minute changes and when we do get together it's just like old times.

What is the social life like in your residency city?

Calgary has an excellent theatre scene and nightlife, and a good number of festivals and outdoor public activities as well. There's always something to do for a good date night or night on the town

It's actually pretty fantastic! There are a lot of emergency medicine staff and co-residents who love hiking, mountain biking, skiing, and exploring the local food scene.

SUPPORT and RESOURCES

Can you comment on the support from senior residents, and the mentorship in your program?

Extremely. We have a formal mentorship program with our staff, but as a small (20 resident) program, we are very much a family and support each other, whether through a difficult case to debrief on, or family issues or whatever :)

The senior residents are incredibly supportive in our program and heavily involved in mentorship and teaching for junior residents. We have a formal mentorship program where each resident is paired with an emergency medicine staff who is known to be a strong clinical teacher. This mentor is available as a resource both on and off service to provide support, career advice, and also hang out with us over beers or coffees.

SUPPORT and RESOURCES

Senior Resident 1

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Extremely. Our program director / assistant PD are really approachable, and we have longitudinal preceptors whom we become very close with. Additionally our Alberta resident association has resources as well.

Can you comment on the faculty supports for accommodations?

The program and the university are very supportive, it's all a part of our contract in Alberta and our ER leadership is super flexible. Rotating through Plastics but Earthquake in Nepal and you like Disaster Medicine. Duh, they support you to go to Nepal!

How are you doing financially? What are some ways you are coping with any financial issues?

We are paid well here, I live extremely well and really don't feel financial pressures. If you want to try and pay down your student debt it is certainly possible, but I don't think that's a sensible thing to do.

Senior Resident 2

I think our program puts a lot of emphasis on wellness. We are fortunate to have a faculty that enjoys life outside of work and help to share that with the resident group. All of our program directors, administrators, and teaching staff are pretty much available to us 24/7 if we ever need help and the Physician and Family Support Program is both accessible and accommodating for more formalized support/counselling if needed.

The support is robust within our program. Many residents have had children during residency and there is ample accommodation for maternity/paternity leave without consequence. Our program directors and administrators have also been very understanding of personal or family emergencies and will go out of their way to advocate for us to have time off, even if it means negotiating with other services to make it happen.

I am doing reasonably well financially. Most of my student loans have been paid off at this point. Alberta provides its residents with a competitive salary and emergency medicine residents also have the option of picking up extender shifts in the ICU or CCU for additional pay (and fantastic learning experience).

WORDS OF WISDOM

Junior Resident 1

It depends on ones priorities. For me friends, family and a desire for balance caused me to choose to remain in the city I grew up in. Everyone has different goals so I don't think there is any one correct approach.

PROGRAM

How satisfied are you with your current specialty?

Somewhat

Were you surprised about any aspects of your residency?

No.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Yes.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

I think it is better, but still stressful.

HEALTH and LIFESTYLE

Junior Resident 1

How has your lifestyle changed relative to clerkship?

I have less free time. I think things feel more heavy/serious.

Do you have time for exercise and meal preparation, respectively?

No. 1-4 times per week.

Realistically 2X per week. I eat out most of the time

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Not often. We often work weekends. My hours are all over the place due to call and shift work.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

I do not have advice.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

No. My relationships with family and friends have changed.

What is the social life like in your residency city?

It depends on ones interest. I have many friends and what feels like too little time to see them.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes. We have a formal mentorship program that is being piloted right now. I find it good, but perhaps to formal to feel truly supported?

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes there are supports. I do not think they are particularly accessible. It would be nice if there are counsellors for wellness like it shows on the UBC website. That way if you're in trouble but don't have a psychiatric diagnosis or concern for one you can go and talk to someone readily who is not a psychiatrist or psychologist...

Can you comment on the faculty supports for accommodations?

No.

How are you doing financially? What are some ways you are coping with any financial issues?

I am in a lot of debt. I try not to think about it because I can't do much about it until I finish and make an attendings salary.

WORDS OF WISDOM

Junior Resident 1

PROGRAM

How satisfied are you with your current specialty?

Very satisfied

Were you surprised about any aspects of your residency?

Less exposure to severe pathology and routine procedures than expected so far.

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

Stayed in same city as for med school and most difficult aspect was adjusting to most of my med school friends leaving Ottawa.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

It's been fine so far, but I have yet to have my more difficult rotations.

How has your lifestyle changed relative to clerkship?

Similar but less going out with friends

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

Yes most likely. a couple of times a week

Mostly buy, prepare ~6-7 meals per week

How often for you find time on weekends for yourself? What are your typical weekday hours like?

They are often quite good. Find a good amount of time for myself.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

It has been difficult to maintain the same level of social support and the same type of network I had in med school. I've actually found it tough to meet other residents outside of my program. I think PARO/UOttawa could arrange more events for residents. However I still have a good network in place and have been able to see most of my friends from med school who left town twice already this year.

What is the social life like in your residency city?

I think Ottawa is a fun city with a fair amount of places to go out and have fun. However I think residency makes it hard to meet people in the same way that you do in med school in some ways (at least for my program, where you work alone with a staff while on shift in EM). There is not the same type of effort made to make people in different programs get to know each other through events etc.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

They are supportive. There is some aspect of mentorship in our program, especially when residents are working together on shift, however this is not a very common occurrence in my program.

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

There are, I'm not super aware of all of them but I believe counsellors and support services are readily available.

.....

Can you comment on the faculty supports for accommodations?

They seem very supportive

.....

How are you doing financially? What are some ways you are coping with any financial issues?

Doing ok, trying to get a new LOC but I did not use much in medical school.

.....

WORDS OF WISDOM

Junior Resident 1

Choose the specialty that makes you feel the happiest! Don't bother thinking about job market, salary etc. It always changes anyways

PROGRAM

How satisfied are you with your current specialty?

Were you surprised about any aspects of your residency?

Poor exposure to procedural skills, too much OB exposure

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Workload, especially management and paperwork

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

More tired, more stressed

HEALTH and LIFESTYLE

Junior Resident 1

How has your lifestyle changed relative to clerkship?

Less time for exercise (6 days a week, down to 3 days or sometimes less), but overall good balance despite the workload

Do you have time for exercise and meal preparation, respectively?

Three times a week

I cook meals daily, always bring my lunch, 1-2 prepared meals / restaurant meals per week max

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Good time on weekend off calls. Week work varies from days of 8h to 12h if lots of paperwork, clinic management to do.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Live with the other person so you see them in the evening and make time for going out, take vacations at the same time

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

No change, but I had a poor local network of friends already - close friends and family are in another city

What is the social life like in your residency city?

Good I suppose

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes, very available for support, we have a buddy system but you can really just reach to anyone and they'll help

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Support through ARM and we often receive emails to remind us that we have counselling available if needed

.....

Can you comment on the faculty supports for accommodations?

I think they are very open to accommodations, some residents are on mat leave at the moment

.....

How are you doing financially? What are some ways you are coping with any financial issues?

Better than med school, now at least I get a salary so I don't rely only on line of credit

.....

WORDS OF WISDOM

Senior Resident 1

Senior Resident 2

- Pick something you know you'll enjoy, and the city won't be much of a factor.

PROGRAM

How satisfied are you with your current specialty?

Yes

- Very much so.

Were you surprised about any aspects of your residency?

Less procedures than I thought

- No- I was a transfer resident, so I knew more or less what I was getting in to.

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

No

- I did not.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

It's much better

- Residency is certainly more work- but also more rewarding. My mental health has not suffered from the change.

How has your lifestyle changed relative to clerkship?

Less personal time

- Much less free time-- but that was expected.

HEALTH and LIFESTYLE

Senior Resident 1

Do you have time for exercise and meal preparation, respectively?

No ... 3 -4 days/week

3-5 days / week

Senior Resident 2

- I have time- but I only exercise once or twice a week by personal choice.
- I usually cook dinner if I'm not working a shift at that time. Lunch is either leftovers (early in the week) or bought (later in the week).

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekends are better weekdays : 1-2 hours / day

- In my discipline, our hours are quite random. A weekend for me might be a Monday-Tuesday. Or a Weds/Friday-- with shifts scattered around.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Need to have good communication and reasonable expectations

- I had a relationship of many years end during residency. I think that strong relationships will endure and grow, while weak ones will falter and fail. People going in to residency- especially if a move is required- should be realistic with their partner and if things aren't going well, end it earlier rather than later.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I lost a few of my nonmedical friends

- For the most part, yes. The challenge is managing the new relationships you build with the old. It can be a challenge to mix non-medical folks with the massive influx of physicians in the new social circle.

What is the social life like in your residency city?

Less

- Pretty great.

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**“Never go to a doctor
whose office plants have
died”**

– Erma Bombeck

FAMILY MEDICINE

WORDS OF WISDOM

Senior Resident 2

- Have a backup plan.

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PROGRAM

How satisfied are you with your current specialty?

- Somewhat

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Were you surprised about any aspects of your residency?

- Fewer in office procedures than I was expecting.
- Our program has only home call and unsupportive preceptors if you have a busy call night and want to take a post call day.

•

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

- Unclear expectations by the program director.
- Definitely different expectations resident to resident and different treatment. PD definitely has favourites.

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HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

- About the same (not great)

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How has your lifestyle changed relative to clerkship?

- I drink more (no, this isn't a joke answer)

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HEALTH and LIFESTYLE

Senior Resident 2

Do you have time for exercise and meal preparation, respectively?

- A walk weekends I'm not on call and it isn't -40
-
- If by preparing you mean bringing random pre-packaged foods that don't require cooking?
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How often for you find time on weekends for yourself? What are your typical weekday hours like?

- If I'm not working. 7:30-6 not on call, but varies depending on the rotation!
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What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

- Find one before moving to Brandon MB
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Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

- Not living in the same city
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What is the social life like in your residency city?

- Lacklustre
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SUPPORT and RESOURCES

Senior Resident 2

Can you comment on the support from senior residents, and the mentorship in your program?

• Residents yes.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

• Only available in winnipeg.

Can you comment on the faculty supports for accommodations?

• Okay.

How are you doing financially? What are some ways you are coping with any financial issues?

• Terribly.

WORDS OF WISDOM

Junior Resident 1

Pick your life over your career.

.....

PROGRAM

How satisfied are you with your current specialty?

Off service rotations are painful but I very much like my program and am looking forward to being on service

.....

Were you surprised about any aspects of your residency?

The lack of formal education. The hours. Lack of organisation and orientation from the university level

.....

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

The hours. The pager beep. The lack of interdisciplinary respect.

.....

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

It's a big adjustment. Overall I feel more isolated

.....

HEALTH and LIFESTYLE

Junior Resident 1

How has your lifestyle changed relative to clerkship?

Many more hours spent at work and lower energy levels to do what I'd like to do

Do you have time for exercise and meal preparation, respectively?

Not daily. As the every other day call comes to an end, three times a week.

Buy probably 3-6 meals a week. Prepare in bulk if I can on days off.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

90-120 hours a week. Weekends off are taken up by extra courses for certification. I might have 4-8 hours a weekend, 1-2 weekends a month.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Prioritise people in your life over work when you are out of the hospital.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I have to an extent... the hours make it very difficult

What is the social life like in your residency city?

Good if you have time

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes. They are really so great.

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I think so. I could probably look it up.

.....

Can you comment on the faculty supports for accommodations?

I don't know

.....

How are you doing financially? What are some ways you are coping with any financial issues?

It's a stretch to cover interest payments and necessities. I don't have much time out of work to spend lots of money so at least I'm not over-spending

.....

WORDS OF WISDOM

Junior Resident 1, 2

Consider where you want to live.

Think about lifestyle and everything, but do what you want to do. Even if you love something that is a more intense speciality, you're always able to scale it back in the future by doing community, moving out of that area, etc.

PROGRAM

How satisfied are you with your current specialty?

Very satisfied

Mostly satisfied

Were you surprised about any aspects of your residency?

I was surprised by how much I spend outside of the city.

Not a lot of formal teaching ie very few academic half day lectures are good programming

Senior Resident 1, 2, 3

• Think about preferred lifestyle, hours of work, call shifts, relationships, and need for sleep before choosing

• Make sure you find a residency program that fits your balance of work/play lifestyle. 2. Decide whether or not you would be willing to live/work in any type of setting, or if you know there is a specific setting/city you are wanting to work in. If there is a specific city that you are considering, keep in mind that certain competitive specialties might dictate where you live in the future depending on job availability.

• All programs have pros and cons! If you have family or friends close by that is key especially for support during this busy time!

• Extremely satisfied

• Extremely

• Very satisfied - I transferred from another specialty into family medicine after completing one year of the specialty

• Did not expect so much OB and ER exposure

• Variation of level of independence with different rotations.

• No

PROGRAM

Junior Resident 1, 2

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No, although I could have used more direction and guidelines.

I think the change in responsibility was a big one. Having to second guess everything I do.

Senior Resident 1, 2, 3

- Was difficult to move to London from Toronto as I've lived there forever. Was difficult to adjust to increased call responsibilities in off-service rotations. But got used things quickly.
- The higher level of independence and responsibility can initially be intimidating.
- work and life outside of work balance

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

It has been better for my mental health

I have definitely been more stressed since residency started.

- Residency seems a lot easier and there's more time for life and less need for studying, therefore my mental health has improved despite moving to a new and smaller city
- Not at all, my mental health is in good shape!
- Different ups and downs compared to medical school - I find I'm more tired which makes me feel more vulnerable from a mental health stand-point

How has your lifestyle changed relative to clerkship?

Lifestyle has improved

Not much, except most of my friends aren't here.

- More responsibility at work, but more time to myself after work, more physically active now than in clerkship
- With regards to the medicine part of my lifestyle, I find I'm participating in more independent/small group studying, in general social life has not been impacted and I have no concerns!
- Minimal time for exercise compared to before - I find that I'm spending more time studying due to CFPC exam

HEALTH and LIFESTYLE

Junior Resident 1, 2

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Residency has been very similar to clerkship relationship-wise. It's difficult having a busy partner because our schedules often don't align.

I am in a relationship. I don't think it's affected it too much except that I am definitely more stressed, which my partner can tell. Make time for your spouse, talk about expectations and plan accordingly

Senior Resident 1, 2, 3

Made it better as my partner moved to London with me and I have more time to spend with him.

Residency has had a fairly positive impact on my relationship! I moved in with my partner following medical school graduation and we found it to be a very smooth transition. Make sure if you are moving in for the first time with your partner that you get a living space that fits both of you; from time to time you'll want to have "me" time and the last thing you want is to constantly step on each others toes in a small apartment. Erratic work hours, especially if you're working ER or on call, can sometimes be a little difficult (eg trying to get up when your partner is sleeping or vice versa) but as long as you respect and accommodate each other it will work out great :)

my husband and I are both residents - initially we matched in different cities for residency which was tough because of our busy schedules - he ended up transferring to the same city as me after we had our daughter

What is the social life like in your residency city?

It has been very challenging meeting people and making friends in my residency program.

London is great (I did med school here), just a bit difficult to meet new friends when most of yours have left. Not a lot of people seem to go to the socials.

It's a undergrad student and therefore a party town, ok restaurants, not as good as Toronto but we get by =)

Great, Western residency is a lot like medical school in the sense that we all keep in touch fairly regularly and feel like a big extended family!

We generally spend time together as a family - not really into the downtown social scene

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I'm not sure of these supports in my program.

The LEW is good and I think pretty accessible but I haven't used them.

Senior Resident 1, 2, 3

Probably, haven't needed to use them as a Family Medicine resident

Yes, PARO has great resources in general for supports. Dr. Wickett, our family medicine program director, is also really approachable and able to help you out if you reach out.

Yes!!

Can you comment on the faculty supports for accommodations?

I haven't had any experience with this yet.

Never experienced any of these.

Have not needed to utilize these yet

Unable to comment as I've never used these resources.

I have a second mat leave coming up and the program is supportive!!

How are you doing financially? What are some ways you are coping with any financial issues?

Financially things are going well, I have no concerns.

It's nice to get paid! Meeting with a financial advisor at the beginning was helpful.

Trying to pay off my massive med school debt already, financial advisor is quite helpful

Financially I am continuing to pay off my OSAP loan. I ended up consolidating part of my OSAP loan into a line of credit, which with quite a bit of saving in my first year I was able to pay off. Making a budget template and tracking my spending was a big part of my being able to pay off a big chunk of my student loan in residency. Also if you are in Family Medicine find out if you are able to apply for NSLC OSAP relief.

No concerns

WORDS OF WISDOM

Junior Resident 1

Ask people in the program you are thinking of applying for their candid opinion, both positive and negative. Ask away from peering ears.

Senior Resident 1

If choosing family medicine, look for a varied experience

PROGRAM

How satisfied are you with your current specialty?

Quite satisfied

very satisfied

Were you surprised about any aspects of your residency?

More hospital based work than expected (hospitalist and emergency)

Exposure to inpatient medicine

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Not that bad. But drive times are not great

No

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Residency has improved my mental health. Location has had little to no effect

No effect

How has your lifestyle changed relative to clerkship?

Improved, eating better and working out more.

You plan on a month to month basis

HEALTH and LIFESTYLE

Junior Resident 1

Senior Resident 1

Do you have time for exercise and meal preparation, respectively?

2-3 times per week

• Most days

60/40 prepare self vs purchase out

• Most days

How often for you find time on weekends for yourself? What are your typical weekday hours like?

So far on weekends, 50%-75% are for myself, weekday hours 8-5

• Two weekends a month off, usually. 8/9am-5/6pm when on service

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

I have been seeing my partner a little bit less. I believe they understand

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Small social network. Somewhat. Everyone is working and wants to sleep

• Friends and family are less likely to call because they aren't sure if you are working at the time and don't want to disrupt

What is the social life like in your residency city?

What you make it to be

• Good

SUPPORT and RESOURCES

Junior Resident 1

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Very much so. No explicit mentorship, but teaching attitudes/culture

Yes

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Likely, I have not used them

Unsure. LEW?

Can you comment on the faculty supports for accommodations?

Unknown

Supportive

How are you doing financially? What are some ways you are coping with any financial issues?

Lots of debt. Trying to eat out less. Decrease large recurrent fees where I can

Living within my means

WORDS OF WISDOM

Junior Resident 1

Having family and friends close by us important for support

.....

PROGRAM

How satisfied are you with your current specialty?

Very satisfied

.....

Were you surprised about any aspects of your residency?

Didn't realize i had to do so much pre residency training b/c I'm a CSA

.....

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

Not as much because my wife has family here and I have greetings here

.....

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

No major change yet

.....

How has your lifestyle changed relative to clerkship?

Making money is a major stress relief/reduction

.....

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

No because I have a new born and just write LMCC part 1

I prepare them ever other day

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Most weekends are free. I work 8-5 most days.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

My wife has been awesome and had travelled the world with me for medical school, so she's very understanding of the commitment. Overall, communication has been paramount.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Time management for socializing is tough

What is the social life like in your residency city?

Nothing in Strathroy... Most resident events are in London and not necessarily family oriented

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes.

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

No idea

.....

Can you comment on the faculty supports for accommodations?

It's very limited during the AVP for IMG residents

.....

How are you doing financially? What are some ways you are coping with any financial issues?

Trying to stay out of the red... \$300,000 debt, then there's living expenses... The resident loan interest relief program won't help me until after the AVP component is done, so I don't have any financial aid till February...

.....

WORDS OF WISDOM

Senior Resident 1

- It's easy to see what you like about a specialty,
- so I always recommend two corollaries to that:
- Look at a specialty's bread and butter work, not
- what some super-subspecialist does(e.g. CHF
- management not electrophysiology). Look at the
- downsides of the specialties that interest you,
- and if you'll still be willing to cope with them in
- 20-30 years (e.g. shift work for ED, surgical
- schedules/call).

PROGRAM

How satisfied are you with your current specialty?

- Very
-
-

Were you surprised about any aspects of your residency?

- More acute care/specialty knowledge than
- needed, more outpatient would probably be bet-
- ter

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

- Level of responsibility
-
-
-
-

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

- Financial pressures have caused a lot of stress
-
-
-
-

How has your lifestyle changed relative to clerkship?

- We now have a baby
-
-
-
-
-
-
-

HEALTH and LIFESTYLE

Senior Resident 1

Do you have time for exercise and meal preparation, respectively?

- No, rarely- walks maybe twice a week
-
- Most often prepare but several times a week buy
-
-
-

How often for you find time on weekends for yourself? What are your typical weekday hours like?

- Easy to find family time on weekends- harder to
- find personal time. Weekday work hours are gen-
- erally reasonable, though unpredictable in many
- rotations. Rarely more than 10 hours/day, unless
- on call.
-
-

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

- There has not been a significant effect that I've
- bored- changes from having a child might just be
- dwarfing this though
-
-
-
-
-
-

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

- Most of my friends moved away for residency
-
-
-
-
-

What is the social life like in your residency city?

- There are opportunities for many activities if pur-
- sued.
-
-
-
-
-

WORDS OF WISDOM

Senior Resident 2

.....

PROGRAM

How satisfied are you with your current specialty?

: Very satisfied

.....

Were you surprised about any aspects of your residency?

.....

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

: No issues adjusting

.....

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

: More stressful

.....

How has your lifestyle changed relative to clerkship?

: Less time for myself

.....

HEALTH and LIFESTYLE

Senior Resident 2

Do you have time for exercise and meal preparation, respectively?

• 4 times per week, wish I had time to do it daily

• 6 days a week are prepared meals

How often for you find time on weekends for yourself? What are your typical weekday hours like?

• Weekends when not on call usually have a good amount of time for myself. Weekday usually 10 hour days

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

• It shouldn't have any affect, especially since life as a staff will be similar so if your relationship struggles in residency, then take time to work on it!

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

• Finding time to see friends

What is the social life like in your residency city?

• Fairly good

WORDS OF WISDOM

Junior Resident 1

Only rank programs & locations you are willing to move to!

PROGRAM

How satisfied are you with your current specialty?

Its perfect!

Were you surprised about any aspects of your residency?

Surprised by lack of control over schedules

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

No

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

as a mature student / resident i have a good support network; our issue is late disclosure of call/ after hours commitments so family life is difficult to plan

How has your lifestyle changed relative to clerkship?

relatively little, just less time for exercise

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

once to twice per week

prepare them - all but 1 or two meals per month

How often for you find time on weekends for yourself? What are your typical weekday hours like?

when not on call! 7-7 often; when starting new blocks very little notice of call schedules

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

focus - ensure you have time with your significant other; it is tough sometimes to find time

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

lack of ability to actually schedule time with them (unexpected call)

What is the social life like in your residency city?

limited

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

most of my mentorship is from senior residents and not from staff

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

little at the school - paro resources

.....

Can you comment on the faculty supports for accommodations?

i have been encouraged not to take sick days as when I am in practice it will mean more work for my colleagues ... basically it's ok to be hospitalized but otherwise get on with gravol/day quill/ondansetron, imodium

.....

How are you doing financially? What are some ways you are coping with any financial issues?

my spouse is a good earner!

.....

WORDS OF WISDOM

Junior Resident 1

Choose the specialty you want first, and the location second

PROGRAM

How satisfied are you with your current specialty?

Very

Were you surprised about any aspects of your residency?

Varied experience depending on training site.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Finding time to study

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Better to be close to friends/Family.

How has your lifestyle changed relative to clerkship?

Busier

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

2-3 times per week, difficult to manage.

Prepare as many as I can, I make time for this.

Eat out only ~2-3 meals/week.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Depends on the service! Some have more call, others are more relaxed

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Adjust to your new schedules, and make time to be together. Living together helps.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

What is the social life like in your residency city?

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes, informal mentorship is very helpful.

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes, have not had to access them yet.

.....

Can you comment on the faculty supports for accommodations?

No experience with these. another preceptor was supportive of my needed two days off for GI upset

.....

How are you doing financially? What are some ways you are coping with any financial issues?

Massive debt

.....

WORDS OF WISDOM

Junior Resident 1

If the thought that comes to your mind when you think about a specific association of a program and the city it's in isn't "F*CK YEAH", then it's not the right choice for you. Try again.

Junior Resident 2

• Try to pick a place in which you would be interested in practicing after residency (especially if Family med), as there are many opportunities to get to know the community. Pick a place that isn't too different from home so that you don't get too home sick.. if you're from a city and want to work in a city.. don't pick a rural location (although you will learn a lot). Try to connect with current residents about the program and ask lots of questions. Try to visit if possible.

PROGRAM

How satisfied are you with your current specialty?

Wouldn't do anything else. Taking a year off helped me figure out my specialty choice.

• Satisfied

Were you surprised about any aspects of your residency?

The stigma/discrimination coming from patients themselves!

• No

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Practicing in a language that wasn't the language of study in medical school, and adjusting to a different cultural curriculum.

• No trouble adjusting. Most difficult was to adjust to different preceptors' styles.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Loving it! I've always been a city person who liked easy access to the outdoors, so Ottawa was a perfect match for me. The bilingual status also allows me to develop my medical skills in both languages.

• Better than medical school.

How has your lifestyle changed relative to clerkship?

Better! Residency is more demanding, but clerkship helped me develop proper coping strategies.

• More work-life-balance.

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

I commute to work by bike, so yes.

I do meal prep twice a week. Eating out is reserved for social gatherings.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekday hours vary whether I'm in clinic or at the hospital. My weekends are mostly dedicated to outdoors outings.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Cannot speak for this, I would love to get advice myself ;)

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Moving away is difficult, but seeing all your friends scattered across the country is worse.

What is the social life like in your residency city?

We're a big enough group of residents to have diversity, but small enough to get to know almost everyone.

Junior Resident 2

I try to exercise 3 times a week.

I usually prepare them myself. Sometimes 3 meals a day.

I'm pretty busy on weekends with call or commuting back home to Toronto. Typical weekday hours 8/9 to 5/6.

Make the effort if the relationship is worth it. Residency has positively impacted my relationship as now we are (finally) in the same city.

Biggest challenge is to make social events when I am either on call or have to travel back home (Toronto) on weekends.

Pretty good, better than when in medical school.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

I got assigned a mentor from Day One by the program, and I'm loving it!

Junior Resident 2

Senior residents are great, always available for advice. Mentorship is informal but helpful.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

There are resource preceptors, as well as a mental health resource center that belongs to the university, but is still accessible to us.

I believe there are. We have a resiliency team/program. I'm not entirely sure on which resources.

Can you comment on the faculty supports for accommodations?

I believe there are. We have a resiliency team/program. I'm not entirely sure on which resources.

From what I understand, our program is quite supportive for accommodations.

How are you doing financially? What are some ways you are coping with any financial issues?

Not really well, despite graduating from a French Quebec medical school. I spend around 40% of my take-home pay for lodging, and maintaining a car for the needs of residency is more expensive in Ontario than in Quebec. I cannot count on any parental support so I've been using my line of credit. I don't plan to be debt-free by the end of residency.

I have large debt from medical school. Coping by checking in often with financial advisor and keeping track of my expenses.

WORDS OF WISDOM

Junior Resident 1

Go for you dream job, no matter where it is located

PROGRAM

How satisfied are you with your current specialty?

Very

Were you surprised about any aspects of your residency?

More Autism patient's than I expected.

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

Lot's of independence expected very quickly

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Increased stress and responsibility. Hard to give my mind a rest sometimes

How has your lifestyle changed relative to clerkship?

Less time for social activity

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

No. Sporadically depending on my current rotation

I try to make a batch of food Sunday night's. I probable succeed in doing this twice/month

How often for you find time on weekends for yourself? What are your typical weekday hours like?

A decent amount, but again depends on the rotation. If I have to work on the weekend it's usually for 12h shifts

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Very difficult. We are now doing long-distance. Lots of stress but it certainly makes you appreciate the one you love

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Not really. Everyone has such different schedules that's it's hard to coordinate amongst med school friends

What is the social life like in your residency city?

Boppin'

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Fairly useless to be honest

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes. Wellness dept seems to have lots of services

.....

Can you comment on the faculty supports for accommodations?

N/A

.....

How are you doing financially? What are some ways you are coping with any financial issues?

Living paycheck to paycheck, minimal savings to be made early on in residency

.....

WORDS OF WISDOM

Resident 1 - GOOSE BAY

Do your research and access the 'full disclosure' from other residents on the pros and cons of the program. I wouldn't choose any other program but this has been the most rigorous, exhausting and challenging 2 years of my life. One needs to know (and choose!) that. Blindsided to that reality is a hard way to start residency.

PROGRAM

How satisfied are you with your current specialty?

I am very satisfied with rural family as a speciality. It fits all the future options I have hoped to be trained for .

Were you surprised about any aspects of your residency?

Not surprised but happily fulfilled with the breadth of medical exposure and especially overlap with First Nations and Inuit peoples.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

The work hours and rigorous schedule

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Yes. There has been enough stress and demand that I have actively sought out counselling for increased coping strategies. I have been the same in my fellow resident colleagues. All to varying degrees but all affected.

Resident 2 - NUNAVUT

• Weigh all your options, but ultimately if your gut
• and your intuition is leading you in one direction
• go with it!

• very

• less procedures in urban rotations, lots of service
• based rotations with heavy call

• Not really, I felt well prepared. The hardest adjust-
• ment was the increased work load and responsi-
• bility.

• I have less supports in residency (new city, less
• wellness focused program), so there is less "pre-
• ventative" work going on, though I still feel men-
• tally fairly well... that said I did have on rotation
• that had very high call demands, lots of sick pa-
• tients, high work load, lots of responsibility and
• by the end of that 3 month stretch I felt quite un-
• well mentally. It took a while to recover and I felt
• that during that time I couldn't catch a breath or
• recharge.

HEALTH and LIFESTYLE

Resident 1 - GOOSE BAY

How has your lifestyle changed relative to clerkship?

My world is 98% at present: there have been long periods where I 'lived' at the hospital and came home only to eat or sleep.

Do you have time for exercise and meal preparation, respectively?

No I don't have time. One of the sadnesses of this season. Probably once every 2-3 weeks

We are in a rural/remote context so no real option for buying meals. I have tried desperately to create healthy meals -often cooking once a large quantity for freezing. I also feed my other co-resident who has the same challenge.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

I work 80-100 hours per week. Almost all weekends have either shifts, call or inpatient coverage: this has been one of the greatest challenges. Our union and representatives have been actively working on this, and there have been some small changes that I think will change the face of this experience significantly for the next cohort.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

It is very strategic to have a partner for life survival (someone to get groceries when all you have time for is working). However it is a big ask of another person to sign onto such a rigorous life style.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I have tried hard - but this has all been from great distance with technology and limited movement out of the region. When possible I return to my communities in other geographical locations to 'fill my love tank'

Resident 2 - NUNAVUT

• Generally less time to exercise, spend time with friends, but more time to travel and less financial stress.

• Not every day (that would be impossible with 24 hour in hospital call at our hospitals as there is no gym). I exercise most days that I am not on call.

• I always prepare my meals, I never eat take out or hospital food

• We are usually on call 2 weekends per month so the other 2 weekends I usually take time for myself at least one of the days. There is a lot of studying, resident project, extracurricular work etc. that overlaps into that time though.

• Warn your partner about what you and they are about to experience (but don't say I told you so!), especially if they weren't with you during clerkship. Make sure to spend time with them without distractions, talk about things other than medicine, let them help you stay engaged with the outside world.

• Somewhat, I moved literally across the country, so staying in touch has been challenging. That said, I have been keeping in touch by phone, facebook and visits. I've stayed close with my medical school colleagues because we created really strong bonds. I actually feel much more connected with them than with my co-residents.

HEALTH and LIFESTYLE

Resident 1 - GOOSE BAY

What is the social life like in your residency city?

We are a very small contingent of residents but we care about each other - creating gatherings for community. I have found it almost impossible to engage in the local community due to work obligations and weekends always being full.

Resident 2 - NUNAVUT

• In St. John's it's excellent - lots of young, fun and open minded people. Many people in our program move all around the province, and from what I hear meeting people in more rural locations can be challenging.

SUPPORT and RESOURCES

Can you comment on the support from senior residents, and the mentorship in your program?

Yes. The cohort above were my life line in first year. Socially and academically.

• There's not a real effort at fostering mentorship in our program and I did not really seek it out, therefore I didn't really get to know well any of the R2s while I was an R1

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

It is difficult being so remote, as in-person resources are limited but I have accessed more when floating out to bigger centres for other rotations. Resources that are available on location on paper are actually directly connected to supervisors (who are not anyone's first choice for admitting struggles). This does need to change.

• I believe there are though I don't have any personal experience with them

Can you comment on the faculty supports for accommodations?

A friend has taken maternity leave that that has been very well facilitated.

•
•
•

How are you doing financially? What are some ways you are coping with any financial issues?

Probably at a standard debt level for residents. Managing by being hopeful I can begin paying this off in early practice

• Quite well, still living a mostly student lifestyle and finally earning an income! I'm not letting myself add to my debt and I am putting money away in savings and have set a budget.

WORDS OF WISDOM

Junior Resident 1

Do an elective with a family doctor at the SITE you are interested in to see if the scope of family practice is in line with your expectations.

Junior Resident 2

• Corner Brook is a wonderful place to live and do residency. I am thankful every day this is where I matched.

PROGRAM

How satisfied are you with your current specialty?

Somewhat

• Very satisfied

Were you surprised about any aspects of your residency?

Less flexibility to have exposure to areas of practice that I am interested in.

• Less procedures

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Yes. I was under the impression that I would not have to move around during my residency. Unfortunately, it was not communicated to us before CaRMs that this is in fact not the case. I found out I have to move ALL THE TIME and very frequently. It can be stressful.

• The distance from my family is difficult at times

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Much improved in residency.

• I would say it's about the same. The location is far from family but I love where I live and residency had been good.

How has your lifestyle changed relative to clerkship?

Much improved in residency.

• It's much better

HEALTH and LIFESTYLE

Junior Resident 1

Junior Resident 2

Do you have time for exercise and meal preparation, respectively?

Not daily but usually 3 times per week. Excellent improvement.

Several times per week

6 days a week

Yes. I prepare my meals almost every day.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Very intermittent. Some weekends are very busy. Some weekends I do not work at all. No complaints thus far.

I definitely have time for myself on weekends.

Typical weekday hours are from 7 to 5 usually but depends on the rotation

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Try to find a program that doesn't uproot you from your partner all the time.

I'm in a distance relationship with my fiancée in BC which is difficult. I'd say it's important to talk often, but it's also important to make friends in your new community and get involved.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

No. Distance from home but doign well.

That's been pretty good. I talk quite a bit with my friends from med school. The distance is probably the biggest challenge as well as the time difference.

What is the social life like in your residency city?

Excellent.

I see the other residents a lot so it's quite good

SUPPORT and RESOURCES

Junior Resident 1

Junior Resident 2

Can you comment on the support from senior residents, and the mentorship in your program?

We have very minimal contact with our senior residents in Western Stream.

I don't see the senior residents much to be honest.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Have not had to access any as of yet. I feel they would be adequate. The preceptors on the West Coast are amazing.

Yes for sure. I have a faculty mentor that I know I can talk with and there's also a physician we can talk with if our mental health is suffering.

Can you comment on the faculty supports for accommodations?

Unsure yet.

I don't have experience with this

How are you doing financially? What are some ways you are coping with any financial issues?

Good. If I did not have a partner with a full time job it would 100% be a struggle.

I'd say fairly good. Memorial has connections to a financial planner if we need it

WORDS OF WISDOM

Junior Resident 1

Research very thoroughly, ask current residents what things are really like, compile a list of your values, pet peeves, etc and try and match a residency program to that list (based on neutral, non-biased information if at all possible obviously). Try to identify all the weaknesses of the program going into the match so you are not taken by surprise. Come up with certain hypothetical situations that are common in residency and ask what the residents in your program of interest feel like they could do, what the program would help with, etc.

PROGRAM

How satisfied are you with your current specialty?

Very satisfied

Were you surprised about any aspects of your residency?

Less procedures

Less teaching/keen preceptors in some off-service specialties

Rigid policies and academic requirements

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No, very reasonable schedule, was expecting worse

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

HEALTH and LIFESTYLE

Junior Resident 1

How has your lifestyle changed relative to clerkship?

Much better lifestyle, more freedom and control of my vacation, good salary comparatively with numerous monetary perks, more free time to do self care and self study

.....

Do you have time for exercise and meal preparation, respectively?

Yes

At least 6 days per week

.....

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Most weekends are off except for on rotations like ER or obs

.....

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Ensure that there are good job opportunities and interest/hobby groups for your partner to move into so that they can create a new life and feel established as well

.....

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes, but distance is difficult

.....

What is the social life like in your residency city?

Good with the resident group, the people of the community are very friendly but they are very invested in their own friend networks so meeting new friends outside of residency/medicine would be challenging

.....

WORDS OF WISDOM

Junior Resident 1

You need to choose what you love. Residency are some of the most challenging and rewarding years of training but when you are on-call for 30+ hours you need to truly love what you are doing.

Junior Resident 2

PROGRAM

How satisfied are you with your current specialty?

Extremely satisfied, I am exactly where I should be.

Very

Were you surprised about any aspects of your residency?

The amount of hands on clinical experience in rural parts of our province

Surprised that rotations can be changed and placed outside province

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Increased responsibility and having to make quick decisions that significantly impact a patient's outcome.

Having to move during intern year, having to move between NL and NS for a rotation while husband unable to go for 2 months

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Residency is much more stressful as you have a lot more responsibility compared to medical school. Residency is much more mentally and emotionally demanding and draining. However, it is much more rewarding as well.

Somewhat

How has your lifestyle changed relative to clerkship?

Longer hours at work and being on call is much more demanding which can take up a lot of time and energy leaving less for family and friends.

No

HEALTH and LIFESTYLE

Junior Resident 1

Junior Resident 2

Do you have time for exercise and meal preparation, respectively?
once to twice per week

• No, not often

3-4 lunches per week and 3-4 dinners per week

• Prepare 90% of meals

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekends are often spent on call or trying to catch up on your personal life/errands. Typical weekday hours depend on rotation - internal medicine 8am to 6 or 7pm; ER is 8 hour shifts; Clinic 8-4pm

• 830/530 plus call

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

You need to have a strong relationship going into residency as you have less time for a social life. It is important to have a partner who is supportive but independent who will understand when you can't attend functions because you are "always on call". It is crucial to have a good support system of family and friends.

• Married during residency. Tough

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Schedules never seem to match up. Friends who are also in my residency program are much easier to maintain a social support network with however those in other specialties and other universities are near impossible to keep in touch.

• No, difficult to make time for friends outside the medical field

What is the social life like in your residency city?

Fair. People often have dinner plans etc that you are invited to. People are friendly.

WORDS OF WISDOM

Senior Resident 1

- If you don't have any interest, or little interest in doing something don't rank it during CaRMS.
- There's nothing worse than hating your work when you work 80hrs a week.

PROGRAM

How satisfied are you with your current specialty?

- Very

Were you surprised about any aspects of your residency?

- No

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

- No

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

- Improvement

How has your lifestyle changed relative to clerkship?

- More independent

HEALTH and LIFESTYLE

Senior Resident 1

Do you have time for exercise and meal preparation, respectively?

· 4-5 times per week depending on schedule

· Everyday [meals]

How often for you find time on weekends for yourself? What are your typical weekday hours like?

· Work one weekend a month. On avg 830 - 430 during the week

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

· It's going to be difficult. You don't see your partner very often especially if they're a resident as well.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

· Have a whole new one.

What is the social life like in your residency city?

· I'm an introvert so it doesn't really matter to me.

WORDS OF WISDOM

Junior Resident 1

Go into the specialty you want to do. Don't worry about the location. You're only there for a certain amount of time if you decide to leave, but choosing your specialty is your career for the rest of your life.

PROGRAM

How satisfied are you with your current specialty?

Very

Were you surprised about any aspects of your residency?

No

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Hasn't

How has your lifestyle changed relative to clerkship?

Less active socially and physically

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

No- once per week

Combo of both. I cook meals for about 5 days a weeks

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Once or twice a month. Weekday hours 8-8 for most rotations

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Do what works for you.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes I have. Being far away from those who are close.

What is the social life like in your residency city?

Good.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes

.....

Can you comment on the faculty supports for accommodations?

Good.

.....

How are you doing financially? What are some ways you are coping with any financial issues?

Ok

.....

WORDS OF WISDOM

Junior Resident 1, 2, 3

Make sure it is right for you, do not sacrifice your mental wellbeing for anyone else

Go with your gut feeling.

Don't come here.

Senior Resident 1, 2

- Pick a place where you will be able to train in a practice setting which will match the scope of practice you want when you finish.

PROGRAM

How satisfied are you with your current specialty?

Satisfied

Very satisfied

not completely satisfied

• Very satisfied

• Satisfied

Were you surprised about any aspects of your residency?

Less procedures during family block

A lot of independence in a great way

Greater than expected social issues in this population, less procedures, different approach to medicine compared to elsewhere in Canada (for medical school)

• Didn't realize how much time I would still be spending outside of St. John's

• A lot less Pap tests and women's health as a male student!!!!!!

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Yes, time for significant other

No major adjustment personally. But trying to stay confident in my knowledge

Cultural differences in new province, different approach to medicine in a have-not province

• No - adjusted well.

• Somewhat. Call shifts are demanding; jumping around from place to place, from one rotation to another is hard.

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Senior Resident 1, 2

Compared to medical school, how has residency and your specific location affected your mental health?

None

It's improved it post match as an IMG

Not much

- Not much difference. Still generally well on average.
- I've had a poor mood and has been more irritable

How has your lifestyle changed relative to clerkship?

Less time for personal things

I have more balance

Less time for exercise

- More income - feel more financially stable. Still trying to keep active. I do less non-exercise community activities now though (not involved with singing).
- Longer hours, more stress

Do you have time for exercise and meal preparation, respectively?

No. Maybe 3 times a week.

Prepare majority. Buy 2-3 times per week.

I don't make time yet.

I usually cook myself. 5 days a week I try

Aim for 3-4x week

Try to prepare most myself

- No - 2-3 times per week
- Prepare them myself. My fiance and I take turns every other day.
- Not at first, usually no exercise at all. Been better lately, try to exercise 3-4 times weekly.
- I prepare every meal and bring lunch to work

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Most weekends. Weekday from 8am-6pm.

I work 40+ hours a week. I always find time for myself on the weekends

7am-5pm

- Weekends are generally relaxing. Weekday hours are 9-5.
- Reasonable.

HEALTH AND LIFESTYLE

Junior Resident 1, 2, 3

Senior Resident 1, 2

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Time management so that you make time for them

You have to be patient and try your hardest to have good time management. Your partner has to be understanding

N/A

- My relationship is going well. My partner is also a resident and our relationship is as strong as ever.
- We share home duties equally.
- Make time for your partner, esp if they are outside medicine.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Not as much. Making time to meet up or phone calls.

No challenges in that respect

Yes through Skype, email

- My past social network is back in Ontario so it's been hard maintaining good contact. I keep in touch with them on Facebook when I can.
- No, finding time is the biggest issue. We have, but it is tough to find time to get together

What is the social life like in your residency city?

Great

It's very active!

Less, but enough socialising for me

- Can be isolating if you don't reach out to other people yourself. I'm somewhat social so it hasn't been too big of a problem for me.
- Good

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Senior Resident 1, 2

Can you comment on the support from senior residents, and the mentorship in your program?

Yes

Supportive. However not a whole lot of communication with the seniors . We don't rotate with them generally

There are no senior residents in my program. Only had 1 for 3 weeks on a hospital rotation and this resident was excellent - very knowledgeable and supportive.

Minimal mentorship present. Senior residents have been good to me when I was off service

Somewhat

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes. Faculty support.

Counselling centre, family med personal counselors and academic supervisors

Have not had to deal with this yet

Yes - there is a physician specifically for residents. I also have a family doctor found through the NLMA program.

Yes

Can you comment on the faculty supports for accommodations?

Not applicable

I haven't had any exposure to this

Have not had to ask for accomodations

Good - I was easily able to get family leave when grandpa was ill.

Reasonable

How are you doing financially? What are some ways you are coping with any financial issues?

Doing fine

I am doing ok. Trying to save money by cooking and being reasonable

Able to pay for bills and meals and travel, but don't have that much left over at the end of the month. Live in a very expensive province.

Well. Using family physician loan forgiveness program for my student debt.

Terrible! All exams are so expensive, taking very long to get reimbursed. Trying to cut back on unnecessary expenses.

WORDS OF WISDOM

Junior Resident 1

Try to train where you want to practice.

Senior Resident 1

- Get a sense from the residents there what they like and don't like about it

PROGRAM

How satisfied are you with your current specialty?

Yes

- Very

Were you surprised about any aspects of your residency?

No

- More diverse than expected

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No

- No; was made very easy

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Great

- Mental health is better in residency; feel like am providing a service, and the hours aren't as crazy as expected

How has your lifestyle changed relative to clerkship?

Not much

- i have a daughter now, so that has changed life-style more than residency

HEALTH and LIFESTYLE

Junior Resident 1

Senior Resident 1

Do you have time for exercise and meal preparation, respectively?

Yes I do

Prepare usually

: i bike to and from work 20 min each way, don't
: exercise outside of that

: Always eat home cooked food prepared from
: scratch - either my wife or I cook

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Often, weekday is usually 745 to 1700

: Weekends often have family time

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Wife is resident also, poor example. We love it.

: Our relationship is strong; it hasn't been as taxing
: as either of us expected being a resident

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Mostly, hard to escape the city often.

: i have never been good at keeping in touch, but
: we have made lots of friends in our new city

What is the social life like in your residency city?

Fair

: Great for young parents

SUPPORT and RESOURCES

Junior Resident 1

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes

: Excellent

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes

: Haven't needed to access

.....

Can you comment on the faculty supports for accommodations?

Great

: Very good

.....

How are you doing financially? What are some ways you are coping with any financial issues?

Tough, looking into all available bursaries and signing bonuses

: Doing fine, paid off provincial loan, working on national

.....

WORDS OF WISDOM

Junior Resident 1

Try to ignore all external factors and really focus on what will make you happy as an individual as you are the one who ultimately has to put in the work to complete the program.

.....

PROGRAM

How satisfied are you with your current specialty?

Fairly satisfied.

.....

Were you surprised about any aspects of your residency?

The level of expectations/responsibility can be quite variable between rotations.

.....

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

The most difficult aspect is adjusting from rotation-to-rotation.

.....

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Improved. Less stressful. More learner than service-based.

.....

How has your lifestyle changed relative to clerkship?

I'm living a much healthier lifestyle (free gym membership for PEI residents).

.....

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

4-6 days/week.

6 days/week.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Most weekends are free. Call is 1-2 weekends/month. Typical workday is 8-5.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

You have to have open communication with your partner to set realistic expectations. Residency has positively affected my relationship because I have moved to the same city as my partner.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I have lost contact with a lot of classmates but have been able to resume my previous social life since moving home.

What is the social life like in your residency city?

It is a smaller community but there are plenty of social activities that other residents are willing to inform new residents about.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Fantastic mentorship.

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

N/A

.....

Can you comment on the faculty supports for accommodations?

Fair and reasonable.

.....

How are you doing financially? What are some ways you are coping with any financial issues?

Finances are reasonable. Create a budget and stick to it. Avoid going further in debt.

.....

WORDS OF WISDOM

Junior Resident 1

Go to a place where you'll be happy with both the program and the city if possible. Ask the residents you meet with at interview for an honest pro/con list, preferably when they're not with faculty so they can give an honest answer.

PROGRAM

How satisfied are you with your current specialty?

Very

Were you surprised about any aspects of your residency?

Surprised by the variation in degree of autonomy from rotation to rotation. Some give us great autonomy with good support, others still treat us like medical students/observers.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Level of responsibility is a big leap from clerkship. To be called on day one from nurses with sick patients asking for orders can be very stressful. The worst was the anticipation of starting residency and the unknown. After a few weeks things settle quite a bit.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Much more difficult time in residency due to call requirements and level of responsibility. Less personal time and more stress leads to burn out. I am currently feeling well but have definitely experienced an episode of burnout already in residency.

How has your lifestyle changed relative to clerkship?

I exercise less, eat worse, and have less personal time. The one saving grace is vacation time which is a very welcome change from clerkship.

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

In theory there is always time for exercise. In practice when given the choice between an extra hour of sleep or exercising after an 80-100 hour week, sleep wins.

I prepare my meals, plain and repetitive.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

One weekend on call where there is no time for yourself and then one weekend off to catch up on life alternating.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Prioritize your relationship as often as you can, it will keep you well. I'm fortunate to have an excellent relationship with a very understanding partner, this has been the key to my resiliency.

Aknowledge that medical training is a challenging time for your partner as well and thank them often for helping you be able to do what you do.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

This has been especially difficult. One of the biggest keys to surviving clerkship were the amazing friendships generated in preclerkship years. In residency these friends are in other locations.

Technology is great, but it's not the same as meeting up once a week for a therapeutic debriefing.

What is the social life like in your residency city?

Not great

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes but there isn't much in the way of formalized social events sponsored by the program. I think this would be very helpful. Early mentorship would have made the transition to residency much easier.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

The overall program has resources, there is a physician support program, but locally you are assigned a faculty advisor who is supposed to fulfill this role. You may or may not feel comfortable with your assigned advisor.

Can you comment on the faculty supports for accommodations?

Unknown

How are you doing financially? What are some ways you are coping with any financial issues?

Huge debt load which is a big source of stress. Fortunately cost of living here is relatively low, but it's a drop in the bucket measured against the line of credit and student loans. I put all of my paycheck on my line of credit, pay my bills from there and use a budget app to make sure more is going to debt than is coming out. It's a game of inches though.

WORDS OF WISDOM

Senior Resident 1

- Don't overthink it. Choose a program based on
- where your gut tells you you'll be the happiest.
- Don't pick based on what other people think you
- should do, one fun rotation, on the speciality of
- the doctor that you most admire, or what is most
- convenient at the time.

PROGRAM

How satisfied are you with your current specialty?

- Very! Wouldn't change it!

Were you surprised about any aspects of your residency?

- No

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

- No difficulty. It was strange to be removed from
- my close medical school social circle with all of
- my classmates spread across the country. Keep-
- ing in touch has been more work than I was ex-
- pecting due to our crazy schedules.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

- I feel more balanced and have more control on
- my time now than I did in medical school. This
- has allowed me to be more in control of my anxi-
- ety.

How has your lifestyle changed relative to clerkship?

- I now live in a different city from my husband so
- I'm commuting more now, but otherwise there is
- no change in my lifestyle

HEALTH and LIFESTYLE

Senior Resident 1

Do you have time for exercise and meal preparation, respectively?

- 3-5x per week which is sufficient for me
- Prepare meals. I prepare lunches the night before.
- I cook supper 5x/week, my husband will do x1/week and we'll eat out x1/week

How often for you find time on weekends for yourself? What are your typical weekday hours like?

- I'm on call 1 in every 4 weekends max, but it'll depend on the rotation. There are some where there is no weekend call. Weekday hours are completely variable based on rotation and what's going on in clinic that day. An average FM day is 8:30-5pm.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

- If you have a healthy stable relationship then it will continue to be that way during residency.
- There are stressful times with any change in life and you and your partner need to support each other through it. Residency has only changed my relationship slightly; and that is because I know have an income to bring to the table and my partner is not supporting us independently.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

- Finding time to touch base and maintain friendships has been a challenge. However I have made it a priority to keep engaged in the friendships that I value the most and take time to catch up with others when I have a chance.

What is the social life like in your residency city?

- There are less residents then in the bigger centres so our social circle is limited but because of that the small group of us have become close quickly.
- We hang out at the hospital, after curriculum and in our down time.

WORDS OF WISDOM

Junior Resident 1

Although there are benefits to going somewhere new and having an adventure, residency is such a stressful time that staying near your loved ones isn't a bad idea.

PROGRAM

How satisfied are you with your current specialty?

Not very

Were you surprised about any aspects of your residency?

Less youth, less mental health

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Yes- time commitments

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Increased stress- there seems to be much less time in residency to focus on exercise, hobbies, etc, but more responsibility.

How has your lifestyle changed relative to clerkship?

Less exercise, eating more processed quick meals, less time for family and friends.

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

No- once weekly.

I prepare meals perhaps 1-2 nights weekly.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

On call for 24 hours every other weekend. I try to give myself one day for relaxing on the weekends I don't work, and spend the other day catching up on chores and reading. My weekday hours vary, but generally my day is from 8-5, with one 12 hour ER shift once weekly.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

My advice would be to set aside dedicated time to do nice things with your partner, and try to not bring work home as much as possible. I'm married, and definitely find residency has posed challenges in terms of having relaxing time together. The increased stress of residency also adds stress onto relationships, particular if you're in a new place and they are your primary support.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I somewhat have but it's much decreased- finding any time to connect in a meaningful way with friends, other than quick texts, is really difficult.

What is the social life like in your residency city?

Quite limited.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Incredibly supportive senior residents.

⋮

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I think the supports are there in terms of reaching out and discussing stressors with staff, academic advisors, and other residents, but the realities of a residency program make it challenging to make any meaningful changes to improve stress.

⋮

Can you comment on the faculty supports for accommodations?

⋮

How are you doing financially? What are some ways you are coping with any financial issues?

I'd say I am just making ends meet- a mortgage plus student debt mean I live basically paycheck to paycheck.

⋮

WORDS OF WISDOM

Junior Resident 1, 2, 3

Choose where you will be happy!

Choose a specialty that fits with your lifestyle, not because it's more "prestigious". If you're not happy outside of medicine then you won't be happy in medicine.

PROGRAM

How satisfied are you with your current specialty?

No

No

No. Long-term care was a nice surprise.

Were you surprised about any aspects of your residency?

Less procedures during family block

A lot of independence in a great way

Greater than expected social issues in this population, less procedures, different approach to medicine compared to elsewhere in Canada (for medical school)

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No

No

No problems at all.

Senior Resident 1, 2

- Do what you want. Remember you are not defined by medicine.
- Remember - this is for the rest of your life and switching between programs is not a guarantee, nor is it easy. Take time to really think about your goals for life, career and how important the balance between those are. Being a resident is a far greater responsibility than a clerk with a higher workload and not as glamorous!

• Very satisfied

• Satisfied

• Challenges with electives, some difficult preceptor dynamics experienced by colleagues, limited procedure exposure

• less procedures

• Long-distance relationship

• Not particularly

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Senior Resident 1, 2

Compared to medical school, how has residency and your specific location affected your mental health?

I feel more burnt out with call

Improved

Quite an improvement in my mental health since starting residency.

- Generally adjustment changes, but overall still good mental health
- Much improved, worked three jobs in medical school

How has your lifestyle changed relative to clerkship?

Happier

More flexibility, more predictable, less stressful

Less moving around!

- More vacation, more money to spend time and things for self
- Far better

Do you have time for exercise and meal preparation, respectively?

No. weekly

Prepare 5 nights/wk or prepare ahead of time

2-3/week

50/50 [meals]

Nope. Not nearly enough exercise, but not because of time constraints.

Haha, maybe three times a week.

- 3x weekly
- Prepare meals, half the week
- Yes
- Prepare almost daily

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Quite often depending on service

Weekday 8-5

Weekends are all to myself unless I'm on call.

Weekdays are typically 8:30-6

- Most weekends for myself - gym, yoga, massage, friends. Weekday hours - 8-10 hours daily
- Work about 10 hours a day.

HEALTH AND LIFESTYLE

Junior Resident 1, 2, 3

Senior Resident 1, 2

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Make time for your partner

Challenging because of long-distance, but beneficial in that I have more time to focus on what I needed to do for school because he is away
im not in one, but it is doable.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

It's really hard. Schedule time and stick to it no matter how tired you are. The more you isolate yourself it really affects your mood

Finding coordinating vacation time to see each other
Definitely

Yes

No problems, all my friends are still in the city.

What is the social life like in your residency city?

Active

Great

Excellent

Great

Great!

WORDS OF WISDOM

Junior Resident 1, 2

Set a low bar for happiness. Makes the transition easier.

Senior Resident 1

Discuss with multiple current residents their experience in the program/location you are strongly considering

PROGRAM

How satisfied are you with your current specialty?

Happy

Very

Not very

Were you surprised about any aspects of your residency?

Lack of support (senior residents) on some rotations, lack of academic teaching days throughout the year (academic days are only done during the FM rotation)

Very few procedures.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No

No

HEALTH and LIFESTYLE

Junior Resident 1, 2

Senior Resident 1

Compared to medical school, how has residency and your specific location affected your mental health?

Slightly more stressful

I think it is a bit better than school in general

Residency lends itself to burnout, however I feel our site is very good at supporting us through that

How has your lifestyle changed relative to clerkship?

Similar

Yes, the hours are of course longer.

Not a whole lot, a little more challenging to get to regular scheduled activities (ie soccer team)

Do you have time for exercise and meal preparation, respectively?

No, 3-4/wk

Prepare myself or partner does, every day

No I do not. Get one or two sessions per week. Anymore means losing sleep.

Half and half

Almost Daily

4/7 with left overs the other 3/7

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Depends on rotation; 5-8am start to 4-7pm end

I have young children. So basically never.

Rotation dependent, with a peak of 100 hour work week, probably averaging 70 hours a week when you include call.

HEALTH AND LIFESTYLE

Junior Resident 1, 2

Senior Resident 1

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Dont/try not to take work home; same as clerkship/no big change

Decide your priorities in advance and make it clear. Cause something/someone will be compromised.

Residency is tough, but that you signed up for residency, not your partner, so can't expect them to work 70 hours a week just because you do

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Moved far for residency so have no old friends here, time change makes it very difficult to keep in contact

Not really no. Different life. Different world. Different people.

Time zone differences

What is the social life like in your residency city?

Pretty poor

Fairly good for a small city.

9

“What’s the difference between God and a surgeon? God doesn’t think he’s a surgeon.”
– *Unknown*

GENERAL SURGERY

WORDS OF WISDOM

Senior Resident 1, 2, 3

For the residency program, think about the specialty and what you want out of life. Is having a family and being a parent important to you? Can you deal with the specialty? Do not expect that you can make the specialty work for you; you will have to conform to the culture and expectations of where you are working, and you might not like this. For location, think about your spouse/partner if you have one, as well as your family. This might have an impact down the road.

- Do what you love. The location doesn't matter because it is temporary but your specialty will be with you for about 3 or 4 decades.
- Live one day at a time

PROGRAM

How satisfied are you with your current specialty?

Somewhat

- 100% satisfied
- The job satisfaction is great but the hours are long and you are away from your children for most of the day. Therefore satisfied 65%

Were you surprised about any aspects of your residency?

Not necessarily

- That my 10 years of training in the UK didn't count for shit
- Really long hours of work

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

The hardest thing to adjust to was the amount of hours spent working, the culture of the specialty, and the difficulty in proving oneself.

- Yes. See above answer.
- Somewhat difficult to adjust as I was a practising GP prior to starting residency

HEALTH and LIFESTYLE

Senior Resident 1, 2, 3

Compared to medical school, how has residency and your specific location affected your mental health?

Residency is far busier than medical school with more challenges in maintaining a work-life balance.

- Better here than the UK
- Higher stress, longer hours, more is expected from you by staff, sleep deprived. This can make one feel depressed

How has your lifestyle changed relative to clerkship?

I have less time to go running and exercise. I also have less energy to do the things I want to do, including studying, cooking a healthy meal, cleaning, exercise. I do not have the time and energy to do all of these on a given night.

- Difficult to say - I graduated in 2000
- Much less family time

Do you have time for exercise and meal preparation, respectively?

I don't. At best, a couple of times a week.

I often buy my meals although I always used to cook for myself in medical school. I prepare a meal perhaps once every 2 weeks.

- Yes
- Daily
- Should exercise more. Always too tired to exercise
- 50/50

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Lately, I don't have a lot of time for myself due to exam prep and such. My typical weekday hours are from 6:45am to 5pm and sometimes later if you add in group studying once a week from 6:30pm to 8:30pm, exam prep once or twice a week with our staff for an hour a couple of evenings a week, and other obligations like grand rounds once a month.

- I get Sunday evenings to myself
- Time off depends on the rotation you are doing.

HEALTH and LIFESTYLE

Senior Resident 1, 2, 3

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

I would get a sense of what your partner is willing to put up with. Are they willing to move anywhere for you? Are they willing to stay at home with the children if needed? Are they willing to spend a lot of time on their own? Residency has impacted my relationship because I cannot move until I am finished it, and where I can find a fellowship and subsequent job is also limited and unknown, which makes the situation all the more stressful.

• Don't have kids during residency unless it will be your last chance. My wife threatens to take the kids and leave pretty much weekly.

• Your partner should understand the demands in regards to long hours for residency

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I have been able to maintain this somewhat. I live in a different city from many close friends. Challenges in terms of getting together include fatigue, demands from work, studying, and lack of time with everyone's busy schedules.

• Nope. I'm pretty much friendless.

• Time off is a challenge

What is the social life like in your residency city?

I don't socialize often at all. I spend my time with my spouse as this relationship needs to be fostered. Also don't particularly enjoy spending time with other residents in my program outside of work because the conversations always revolve around work and I cannot find a balance this way.

• Non existent

• i don't actually know. Hardly ever go out

SUPPORT and RESOURCES

Senior Resident 1, 2, 3

Can you comment on the support from senior residents, and the mentorship in your program?

I found some of them supportive. I find the mentorship in our program rather poor. There's still a culture of blame, fault-finding, and assuming the worse about residents. I can say this after having been a part of the program for several years & still not having staff to vouch for you but instead criticize you for small things that don't merit criticism.

- Mostly. There are/ were a few assholes but nothing like as bad as the UK
- sr residents are supportive within their own limitations

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I haven't sought them out, but I suppose they are available. There are resident resources through the university for counselling, etc...

- Kind of. I had to reach rock bottom before getting the help I needed.
- the resources are there but there is a stigma attached to admitting burn-out

Can you comment on the faculty supports for accommodations?

The faculty, that is, program director and admin assistant are helpful in terms of helping to plan things like a mat/pat leave, but I would argue that the staff are not always accommodating. Missing one case in the OR because of a prenatal appointment at 4:30pm is frowned upon. Taking a vacation during a block when you are the only resident is also frowned upon, even if it is for one's own wedding. I suppose that the reason why certain staff think that residents should always be there is because they want someone to round on their patients so they don't have to, discharge patients so they don't have to, etc...

- The spirit is willing much sometimes the flesh is weak. Fortunately the key figures here are genuinely good people who will go out of their way to find what works. I'm extremely fortunate to be able to say that.
- Not too bad

How are you doing financially? What are some ways you are coping with any financial issues?

I am in a lot of debt that I will need to pay back. The Royal College also costs over \$4000 and our department just took away our funding for conferences (unless you are presenting or have published) so this is very disappointing.

- If I pay off my current debts at a rate of \$100k per year from when I become staff I will start to be able to make savings at the age of 61. Does that answer your question?
- i saved up money from previous work prior to residency

WORDS OF WISDOM

Senior Resident 1

PROGRAM

How satisfied are you with your current specialty?

•
: Very.

Were you surprised about any aspects of your residency?

•
: No

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

•
: No

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

•
: No different

How has your lifestyle changed relative to clerkship?

•
: Busier, more responsibility

Do you have time for exercise and meal preparation, respectively?

•
: Yes, 1 hour

•
: Infrequently

How often for you find time on weekends for yourself? What are your typical weekday hours like?

•
: 6 am to 5 or 6 pm

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

•
: Career, relationship, hobbies. Pick 2

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

•
: Yes, distance

What is the social life like in your residency city?

•
: Great

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

. Yes

.

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Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

. No, none

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Can you comment on the faculty supports for accommodations?

. None

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How are you doing financially? What are some ways you are coping with any financial issues?

. Challenging

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WORDS OF WISDOM

Junior Resident 1

You will hear many people say your desired specialty is too difficult, horrible lifestyle, that you'll be miserable. Do not let that get into your head. There is a reason why you're passionate about this specialty and not these other people giving you the negative comments! I got caught up and these remarks actually influenced my match. I ended up transferring back into the specialty I am passionate about. So do your best on a daily basis, follow passion and everything will fall into place. I am currently in a demanding specialty but have never been so happy. Everything works out - just follow your gut feeling drawing you to that specialty of your dreams.

In terms of the location, almost all programs are phenomenal (except for a few red flags on probation that you will easily discover). They all train outstanding graduates well prepared for the Royal College exam. Really, pick location based on your preferred city, friends & family and personality of the program. Each program seems to attract a personality. My program attracts easy going surgical residents with a strong sense of humour. Pick the location where you think you'd fit best!

PROGRAM

How satisfied are you with your current specialty?

Extremely satisfied!

Were you surprised about any aspects of your residency?

None

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

The increased responsibilities as a resident, balancing work-personal life

Compared to medical school, how has residency and your specific location affected your mental health?

My mental health has never been so positive as it is during residency

How has your lifestyle changed relative to clerkship?

Quite variable, depending on rotation. Overall, similar if not better.

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

3-4 days per week.

Prepare my own meals most of the time, might buy one meal per week.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Each weekend off is entirely to catch up on life. Weekday hours are variable; 6 to 6 on Acute Care Surgery, 6:30-7:30 to 4:30-5 on other services.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Like other aspects of your personal life, do you best to balance it in a healthy way. It's very easy to have work steal 100% of your free time. Set yourself a clear schedule with loved one and friends.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

For the most part, yes. The biggest challenge is during Acute Care Surgery blocks, when the routine pretty much consists of work-eat-sleep. However, by expecting it and preparing ahead of time, it is much easier for your own mental state and friends & family. No matter how tough a rotation can be, it is temporary and they are usually balanced with more relaxed rotations. Residency is somewhat of a constant pendulum going from easy to very difficult rotations.

What is the social life like in your residency city?

Great, no complaints. Many of my friends and family are here, strong network in place. Ottawa constantly has many great activities and festivals - no time to get bored!

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Absolutely. The entire group of senior residents consists of positive, helpful and easy going residents. Really helps at and outside of work.

⋮

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Many resources, including the wellness office, psychological support and PGME resources.

⋮

Can you comment on the faculty supports for accommodations?

I transferred into General Surgery from Family Medicine. The program was extremely helpful and approachable.

⋮

How are you doing financially? What are some ways you are coping with any financial issues?

Finances can be very stressful in residency with the large debt from medical school. I planned out a REALISTIC monthly budget which really helps me stay on track and not constantly stress about finances.

⋮

WORDS OF WISDOM

Junior Resident 1

Pick something that has at least a few aspects that you can at least like (if not love) at 3 am.

PROGRAM

How satisfied are you with your current specialty?

Very

Were you surprised about any aspects of your residency?

No

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

I went in and had eyes wide open. However, the difference in the level of responsibility expected of a 4th yr clerk and a first year resident is quite significant.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Im writing 3 exams this year. Time management is my main issue. I probably exercise less.

Senior Resident 1

Choose what you want to do based upon the bread and butter of the residency. All programs have a different feel and choose the one that fits your personality and aims for the future.

Satisfied with my specialty but unhappy with the job prospects.

Little exposure to outpatients in my training program.

Difficult to move to Newfoundland, I had significant culture shock.

Affected me poorly - far from friends and family

HEALTH and LIFESTYLE

Junior Resident 1

How has your lifestyle changed relative to clerkship?

Less exercise, more time spent at home reading.

Senior Resident 1

Less active, less time spent outside of work with friends.

Do you have time for exercise and meal preparation, respectively?

2x/week

No - once a week if I make specific time to exercise.

I'm trying to do better on this. I prepare breakfast and supper. About half my lunches and call suppers are frozen healthy steamers.

Prepare them myself almost every day.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

I work 2 weekends a month. (One a Friday and Sunday, the other a Saturday). Weekdays start with hand over at 6 or 630, and go til 530 or 6.

Most years I worked 2 days per week. Weekday hours 630 - 1800

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

I started my relationship at the beginning of this academic year. Take advantage of lighter rotations to build your relationship.

Long distance is very challenging. Little time to find a new partner in residency.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Time and scheduling are the biggest thing. You mean to see an outside friend and all of a sudden it's 6 weeks later. I've been good at maintaining my family social supports.

No - the time difference from the East Coast to West Coast made it very difficult.

What is the social life like in your residency city?

Good I think?

Active but difficult as most other people in Newfoundland have strong social connections.

SUPPORT and RESOURCES

Junior Resident 1

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Our chiefs are excellent. We have a formal staff mentor (that we pick ourselves) and mine is excellent.

Yes - there is a strong mentorship program in our residency.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Student affairs, employee assistance program, program director, wellness doctor (a doctor outside the program who is not your gp who you can talk to)

Not that I am aware of.

Can you comment on the faculty supports for accommodations?

N/A

Residency program is fairly responsive.

How are you doing financially? What are some ways you are coping with any financial issues?

I have no debt (RESPs and scholarships and I was able to pay down the little but of debt I had in 1st year). The end of med school/starts of residency is ++expensive.

Well but I spent very wisely in medical school.

HEALTH and LIFESTYLE

Junior Resident 1, 2

Do you have time for exercise and meal preparation, respectively?

No exercise.

1-3 meals per week i can make usually when post call or on the weekends i have off.

No. exercise 2-3 times a week

Both, prepare meals about 75% of time

Senior Resident 1

- No, It depends on the rotation. But on average 1-2 sessions a week.
- I prepare my food almost everyday.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

110 hours/week

Usually off 2 weekends a month. Weekday hours are 12-14 hour days when not on call

- i work two weekend a month. The other two, is usually a time to spend for myself and also study/research.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Residency is a challenge for time - you need to balance that.

Need to prioritize the relationship. Need a supportive and understanding partner. Try not to take out your frustration/stress on them

- If you are in a relationship and you are planning to apply for a demanding residency program, then make sure you discuss it with your partner in advance. Otherwise you may end up in a situation to choose between your career and your partner.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Miss a lot of events/weddings/etc. However, all the good people are still around.

No, with most resident friends having different schedules it is difficult to find time to get together

- Yes. the biggest challenge is lack of time

What is the social life like in your residency city?

Great in the city - just hard to be a part of.

Pretty good , large amount of residents in city

SUPPORT and RESOURCES

Junior Resident 1, 2

Can you comment on the support from senior residents, and the mentorship in your program?

Great senior residents

Some of them are but there is also a negative culture in the program and many junior residents feel like they can't trust the senior residents - eg if they express concerns or dissatisfaction they will get labeled as a problem resident

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I have no idea

I'm not sure

Can you comment on the faculty supports for accommodations?

Discerning.

I'm not sure

How are you doing financially? What are some ways you are coping with any financial issues?

In general, faculty is very supportive of the residents through their training.

Doing okay

Senior Resident 1

We just started a formal mentorship program for our R1 residents this year.

Not sure

In general, faculty is very supportive of the residents through their training.

I don't have any financial issues.

10

“What is a weekend?”

– Internal Medicine resident

INTERNAL MEDICINE

WORDS OF WISDOM

Junior Resident 1

Residency is tough for almost every specialty, try your best to stay balanced and optimistic.

Senior Resident 1, 2, 3

• Do not pick a residency based on "lifestyle". This is a new trend that I find troubling. If you like something, do it. You can always adapt your future staff position to fit your needs. Furthermore, residency is going to be busy; don't shy away from that because you like "work-life balance". It's just a few years, then you have much more control over your schedule. Ask yourself, "would I rather be home early and hate being at work, or would I rather stay late and love what I'm doing". Trust me, if your partner/kids love you and you make time for them when you are not working, they will understand if you can't be home on time for supper. Don't pick a specialty you don't enjoy just for "the lifestyle"; you'll regret it.

• Do what you want, choose a city that you like and will live in.

• More:

• Know your social supports and don't be afraid to rely on them

PROGRAM

Junior Resident 1

How satisfied are you with your current specialty?

Satisfied

Senior Resident 1, 2, 3

• Very

•

• Internal medicine is a good field to be in.

•

• Very

•

Were you surprised about any aspects of your residency?

How busy call is

• No

•

• We are more procedural here in Sask than the group in Calgary was. We don't see lots of rare stuff.

•

• Not really

•

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Losing half or more of your weekends makes it difficult to maintain a balance

• No

•

• Saskatoon is easy to live in. The people are accepting, but they're all from Saskatoon so know each other already.

•

• Adjusting to the amount of responsibility was the hardest part of residency. As well as work-life balance. Always feeling like you should be reading but balancing that with sleep and wellness.

•

•

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Anxiety has increased now that I'm making decisions by myself overnight about very sick patients. Very very steep learning curve

• I am hardier than before

•

• Decreased it last year as I knew no one here. Can often be a challenge but tolerable knowing you are rapidly approaching your goal

•

• Definitely harder but a more rewarding career. I've gotten better at prioritizing my life and wellness during Residency because I've had to.

HEALTH and LIFESTYLE

Junior Resident 1

How has your lifestyle changed relative to clerkship?

Less time for activities outside medicine

Senior Resident 1, 2, 3

- More responsible
- Less mountains :(More mountain biking and soccer.
- More hours worked now. Clerkship was more focused around passing exams. Now trying to learn more for self-development. I exercise more now as a priority.

Do you have time for exercise and meal preparation, respectively?

There is time yes

Buy lunch everyday

- No. 3-4 times/week
- Prepare myself (or wife does)
- Most days of the week I exercise but this was the same as clerkship and I make the time for it
- Prepare all breakfasts and lunches. Probable eat out 1-3 nights a week.
- Twice a week.
- Prepare all my meals. The hospital food is so terrible I never buy it. We eat all home cooked food and it's healthy.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Work half weekends, call one in four, otherwise workday 730-5.

- Highly variable work hours. Have two weekends off/month minimum.
- Every weekend I'm not on call.
- When I'm not working weekends(usually at least two weekends a month) I use that time to cook, clean, do laundry and see my loved ones. Weekday hours without call vary from 12 hour days to 8 hour days depending on the rotation.

HEALTH and LIFESTYLE

Junior Resident 1

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Date someone else in Medicine, or find someone who's understanding

Senior Resident 1, 2, 3

- More communication is always better. Set aside time to spend with your spouse, don't assume it will happen. Educate your spouse about the profession and its inherent unpredictability.
- Bring them with you if you can. It helps a lot.
- You have to make time for your partner. Make a priority of the important events. Long-distance is tough, but it's do-able. My partner is understanding to my hours and it's important to find a per-

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Somewhat. Lack of time to visit

- Somewhat. People don't understand how time-consuming it is to be a physician.
- It's been tough but we have a group chat
- Yes. The important people in my life I keep connected with. I've had to trim my social circle to the few quality people I really want to spend my time with.

What is the social life like in your residency city?

Lacking at times

- Its what you make it.
- Good. We have an awesome crew.
- Good if you're from the city. Residents in my program also socialize a lot with each other.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Senior residents are excellent

Senior Resident 1, 2, 3

- Yes. We have a mentorship program for residents
- - each junior paired with a senior.
-
- They're very supportive. Mentorship can be found
- but isn't forced
-
- Yes. Strong inter-program mentorship with juniors
-

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Chief residents plus family and friends is more than enough for me

- Yes. Close knit program with involved program
- director, resident wellness initiatives, and a resi-
- dent resource person who is independent of the
- program and easily accessible.
-
- Not really. Wellness isn't really a thing here as
- much as it should be.
-
- Yes. I feel like I'm able to find help if I need it.
-

Can you comment on the faculty supports for accommodations?

- Paternal leave was easy for me to take.
-
- Nope
-
- Good accomodations for these things.
-

How are you doing financially? What are some ways you are coping with any financial issues?

Having a paycheque every month is amazing.

- I am good with my money. Don't spend money on
- frivolous things. If you are an impulsive buyer, try
- to avoid those situations.
-
- We're payed really well, they pay our student loan
- interest and our CMPA. Inexpensive place to live.
- With 2 resident salaries we can do anything we
- want.
-
- Doing ok financially. There are always more hid-
- den cost with residency electives but you learn to
- live with it.

WORDS OF WISDOM

Senior Resident 1

Find your people and you will have found the right program for you.

PROGRAM

How satisfied are you with your current specialty?

Somewhat

Were you surprised about any aspects of your residency?

Amount of uncertainty, acuity of patient population,

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Yes, amount of time required away from family and friends

GIM 2, 3

• That 5-7 years is a long time. And in your twenties... don't take it lightly. Don't get into too much debt. Only do it if you won't be looking for the "light at the end of the tunnel". Never do a specialty for the prestige or because you feel "you should".

• There is no location or program that's "the best" or right for everyone. Every program will have strengths and weaknesses, and you just need to find the one that fits you best.

• Very

• Very satisfied. I am currently PGY-5 in medical oncology though, a subspecialty of internal medicine - although my comments would apply to either discipline.

• General internal was brutal and tiring

• The program in Winnipeg is very hands-on, with graduated responsibility. I'm not sure I was fully surprised, but there certainly is a lot of independence granted (always with someone there if needed).

• Yes. No sleep

• The cold weather in Winnipeg (more of a joke!)
• The transition to residency in Winnipeg was really quite easy - and it's such a friendly, collegial atmosphere with so many people here to help.

HEALTH and LIFESTYLE

Senior Resident 1

GIM 2, 3

Compared to medical school, how has residency and your specific location affected your mental health?

Adversely

- Rough during GIM
-
- I don't know that there has been a big effect.
- There were certainly moments during core internal medicine that were difficult, in terms of stress and work hours. But with a smaller program, I had good friends that were able to empathize and support.
-

How has your lifestyle changed relative to clerkship?

Fewer interests outside of medicine but still maintain 1-2

- Worse during GIM
-
- I'm doing much less in-house call than clerkship or the early years of my residency - actually, none now I'm in PGY-5 (and medical oncology). Even during my core internal medicine years, there were some tough rotations (your first two months on medicine wards, with 1 in 4 in-house call), but for many other rotations it was very close to normal 8-5 workdays with minimal in-house call (thanks to our night float system).
-

Do you have time for exercise and meal preparation, respectively?

Twice a week on average

I almost never prepare my own meals, I'm lucky to have partner who helps with this

- Never. Buy food all the time. Got a cleaning lady
- During GIM less than once a month weekends.
- Weekdays once a week
-
- I have time - doesn't mean I do. That's a personal fault and not a reflection of the program, though.
- I buy most breakfasts, and lunches. I'm not a fan of left-overs. However, usually have time to make a home-cooked dinner, maybe 5 times per week?
-

What is the social life like in your residency city?

Great!

- Sparse
-
- Great! Lots of things to do, affordable. Friendly people everywhere.
-

HEALTH and LIFESTYLE

Senior Resident 1

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Work two weekends a month and study one other minimum, weekday hours are 80+

GIM 2, 3

-
- During GIM less than once a month weekends.
- Weekdays once a week
-
- I can usually make time whenever I need on weekends - for specific commitments, etc. However, especially the further I get in training, there are always things that spill over to home-time - administrative work, research, preparation for teaching sessions, etc.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Talk about what is most important to your partner for them to feel loved and do that thing as often as you can. Time limits forced better communication but it's always a struggle.

- Made me realize which relationships were worth keeping which is actually good...
-
- Medicine in general has been hard on my relationship. My partner has been with me since the 3rd yr of medical school, and I am now PGY-5. He is not in a health-related profession, and so he finds it difficult to understand sometimes (even after 6 yrs!). I think scheduling regular "date nights" or scheduled time for your relationship is important.
- It's also important to maintain whatever physical relationship you had prior to residency.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

For the most part, but they have had to be very understanding of my schedule.

- Not really. It narrows... people assume you are always busy.
-
- I moved away for medical school, so distance has made it difficult to maintain close ties with non-medical friends. However, medicine does afford lots of opportunities to travel for conferences, etc - and I find that wherever I go, I have a friend to catch up with! It's easier to maintain social networks from medicine, but again, people move away for residency or for fellowship, or when they get jobs. That can make it more difficult.

SUPPORT and RESOURCES

Senior Resident 1

GIM 2, 3

Can you comment on the support from senior residents, and the mentorship in your program?

Extremely supportive group of residents. We have each other's back and work hard for each other.

- Sometimes. Sometimes they were tired and mean.
- I found senior residents very supportive, still consider myself good friends with a lot of them. I feel that mentorship is informal in the program (which could be improved, in my opinion), but it's there if you need it.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

There are resources that can be accessed by talking to a few key people in our program. Any of the senior residents would help a fellow resident find these

- Yes. The counselling at the school is excellent.
- However, some of the attendings in the positions to "help" (program directors, heads of things) are the last people we would have chosen. Which is funny...
- There are supports through Doctors Manitoba - counselling services, telephone lines. As well as the people you meet and work with day-to-day, if you're comfortable with that. Great program director, great program administrator.

Can you comment on the faculty supports for accommodations?

My only experience with this is a brief leave of absence to visit family across the country when there was a death. No issues.

- Good. Not too bad
- Haven't had a lot of experience with this.

How are you doing financially? What are some ways you are coping with any financial issues?

I have a relatively low level of debt but have sacrificed some of the things I want to maintain that

- Five figures of debt. Try not to think about it.
- I bought a house in PGY-1, so instead of paying rent I'm paying a mortgage. All of the other costs of home ownership are a stretch at times, so I have to live somewhat frugally in other ways, but it's nice to be investing in something tangible.

WORDS OF WISDOM

Junior Resident 1, 2, 3

Be happy

It's different for different people, but the key is to rank your priorities in a residency program, whether location, quality of program, size of program, teaching vs service, etc. Use this to rank your programs.

Choose the specialty you want over location unless you have specific restrictions

PROGRAM

How satisfied are you with your current specialty?

Very

Extremely satisfied.

Very

Were you surprised about any aspects of your residency?

Work load

High exposure to an intravenous drug use population which makes for very interesting pathology such as infectious endocarditis, viral hepatitis, HIV, etc.

No - although more procedures than expected

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No

No. Everyone was extremely supportive and it's a fantastic and very healthy work environment. Call schedule is very reasonable and staff's expectations are very reasonable and they are patient with you for your level of training.

No

Senior Resident 1, 2, 3

• Pick a specialty you can work in at age 75. Pick a location where your family or friends are.

• Think about what you want your life to look like, not just what medicine interests you

• Try not to pick a residency for the city it's in, you'll be in the hospitals so much that enjoying where you actually work and who you work with is paramount. There's great things to find almost everywhere, don't be daunted! And don't forget your supports out of work, being close to family has been a huge boon for me and I hear it from my colleagues as well.

• Extremely

• 100%

• Very

• No

• Nope

• More procedures, very welcoming and sociable group, high quality excellent teaching

• No

• No i did medical school here so it was relatively easy. The amount of call took getting used to

• Initially started residency in orthopaedic surgery, very difficult transition with high work demands, long hours, and a loss of control over my own schedule

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Compared to medical school, how has residency and your specific location affected your mental health?

Very good, reasonably higher expectations, more call and so more stress. Very manageable

My mental health is improved. Without constant clerkship examinations, I find I have more time to focus on reading more clinically relevant topics that will benefit me.

Not changed - less exams is nice

How has your lifestyle changed relative to

Less time to study

It's more balanced. I am more able to focus on work and my own personal hobbies, work-outs, etc.

Unchanged

Do you have time for exercise and meal

4-6/7 days because of call

Prepare myself

If I prioritized it and wanted to, I could. 60% prepared, 40% eating out. Definitely a personal choice though.

Once a week

Prepare breakfast/dinner daily but quickly. Lunch is free at rounds

Senior Resident 1, 2, 3

Not significantly

Similar or better

Being closer to family now has significantly helped my mental health. The hours and responsibilities of residency are a tough transition

clerkship?

Lifestyle is certainly better

More work hours.

Many more demands, less flexibility, more responsibility

preparation, respectively?

Yes

Lunch is provided daily by the program. Dinner is prepared daily.

Weekly

Every night im not on call or out for a night out

3-5x/week

I manage to make breakfast at home and pack a lunch every day. Dinner however I usually buy ~3-4x/wk

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekend

As a general rule, every other weekend you are off.

If not on call on the weekend - there's enough time. Weekdays 7:30-5:30 usually

Senior Resident 1, 2, 3

On average over the year, 1 in 3 weekends are booked off for call. But the other 2/3, I get to enjoy for myself. Typical weekday hours on CTU is 8am to 4pm. On non-CTU rotation, it can be anywhere from occasional half-day clinics to 9-5 clinic days.

Maybe every other weekend. Weekdays are typically 8-5/5:30

Every other weekend is usually worked on call, but the ones in between are for myself and my husband. I intentionally do not study on those weekends to relax. Typical weekday hours are 7:30 - ~6:00pm. I usually come home and try to study for 1-2 hrs in the evening.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Couples match if you can!

Single for life.

Was married prior to residency. Internal Medicine residency should not affect relationships.

Make sure you have a plan for house duties so the non-medical person isn't doing it all. Better yet...treat yourself to a cleaning service. Best graduation gift I gave myself and my husband.

I got married right before residency and my husband and I live in two separate cities. Residency was an incredibly tough transition for him, as he didn't expect me to have little say in my work and call schedule, and he felt I would start working a more 'normal' job where I didn't have to come home and study every night. Communication was key.

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes lots of imessage/whatsapp and facetimeing

Definitely. My biggest support system are my friends and family at home, and being closer to home in residency than I was in medical school, this feels like a healthy change. The biggest challenges are no different than medical school, with the biggest issues being when you're on call/on shift, etc. and can't make important life events.

Biggest challenge is new network in a different city

What is the social life like in your residency city?

ok

Great. All residents are good friends and people are very supportive. The last Thursday of every block, there is a CTU block party where you get free food, and drinks. Most people come out and it's a great time. Usually at least once a week, a group of residents meet up for some sort of social gathering.

Reasonable

Senior Resident 1, 2, 3

Yes

Somewhat. Time.

Being erratic because of call is definitely the biggest challenge; it's very tough to sign up for league sports or recurring events because I can't expect my program to give me every "x" day of the week away from call. Planning far out e.g. concerts, big events can get a bit tough too because you're never sure you'll have the time off. Learning to work with this schedule was a bit of a learning curve, but I've adapted by finding more flexible activities.

Depends on each individual. As a single, social life can be pretty busy. Being close to Toronto means it is always a short drive away from family and friends if you are from the GTA.

Excellent

Very active, always something to do!

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Can you comment on the support from senior residents, and the mentorship in your program?

Yes

Senior residents are extremely supportive on team and on call. There is a mentorship program where they connect you with an upper year resident at the start of the program, and you can dictate frequency of communication with them.

Yes they are supportive

Senior Resident 1, 2, 3

Yes. Collegiality is excellent in my program. Seniors are very easy to approach and will provide great mentorship.

Yes

Incredibly supportive, everyone is happy to give advise and offer help. Tremendously welcoming.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I think so

There is a wellness committee that you can go to as well as other admin and faculty supports when needed.

Yes there are wellness programs, program director is supportive and encouraging of wellness

Yes. The program director is helpful. Graduate program learning wellness dean is easily approachable..

Yes

Burn out resources are only hard to find because it's often difficult to recognize burnout! Lots of wellness activities, great peer group. Formal supports from the program.

WORDS OF WISDOM

Senior Resident 1

- If you are a parent or planing to become one
- while in the residency, choose a place and a pro-
- gram that respect that and support you. Not u of t
- for GIM.

PROGRAM

How satisfied are you with your current specialty?

- Satisfied

Were you surprised about any aspects of your residency?

- No

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

- Yes. Difficulty adjusting to a New system as I
- MG. And difficulty after having a baby in the mid-
- dle of residency.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

- A lot. More anxiety and stress

HEALTH and LIFESTYLE

Senior Resident 1

How has your lifestyle changed relative to clerkship?

• More busy and stressful

•
•
•

Do you have time for exercise and meal preparation, respectively?

• No. 3 times a week or less

•
•

• I prepare my meals mostly. 2 times per week

•
•
•
•
•

How often for you find time on weekends for yourself? What are your typical weekday hours like?

• I can find lots of time in the weekend if I'm not on-call. Which is 2 times a block. Usual working hours 8 to 6

•
•

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

• U of t has no support for new parents. If you can have no children while in residency.

•
•
•

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

• Somehow. Finding time

•
•
•

What is the social life like in your residency city?

• Dining out from time to time in the weekend.

•
•
•

WORDS OF WISDOM

Senior Resident 1

Think about what are your priorities (seeking best possible residency even if that means going in another city vs staying in same city to maintain good romantic/social life)

Senior Resident 2

Trust your gut

PROGRAM

How satisfied are you with your current specialty?

Very satisfied

Well satisfied

Were you surprised about any aspects of your residency?

No

Less procedural skills

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

New city

Increased workload and responsibility

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Slightly

No effect

HEALTH and LIFESTYLE

Senior Resident 1

Senior Resident 2

How has your lifestyle changed relative to clerkship?

Less social events

: Living closer to hospitals, shorter commute, living with my partner

Do you have time for exercise and meal preparation, respectively?

Never..

: No, 1-2x per week

75%meals home cooked

: Prepare meals more than buy, eat out 1-2x per week

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekday hours are 7:30-5. Half of weekends are on call. I see friends/family the other 2 weekends/month.

: Weekday hrs vary depending on rotation, 10-12 hr regular days are not uncommon and 1:4 call. When I have weekends off (usually twice per block), I find time for myself

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Don't underestimate the importance of being close to your significant other, unless you know long distance will work for you

: Now living with my partner, whereas before we were in a long distance relationship. Lots of call, therefore at certain times we dont see much of each other (though still more than when we lived in different cities).

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes

: No, time and effort required to keep up past social networks

What is the social life like in your residency city?

: Very good

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Very good.

Senior Resident 2

• Yes, they are. Informal mentorship through the faculty and upper yr residents, formal mentorship program through the IM faculty

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I have not seeked those

• Have not felt burnt out (yet), though many supports available through the program, the hospital and UOttawa PGME (wellness curriculum)

Can you comment on the faculty supports for accommodations?

I have not seeked those

• Unsure

How are you doing financially? What are some ways you are coping with any financial issues?

No issues

• Slowly paying down student debt, feel alright financially. Appreciate the support and advice of financial advisors (ie. Through MD financial)

WORDS OF WISDOM

Senior Resident 1

Senior Resident 2, 3

PROGRAM

How satisfied are you with your current specialty?

Very

- Do what you want. But location is still important
-
- Consider first what your goals are, then consider
- all aspects of the program that will help you
- achieve those goals, including maintenance of
- personal health
-
-

- Very
-
- somewhat
-
-

Were you surprised about any aspects of your residency?

No

- No
-
- lack of supervision
-
-

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

Not difficult to adjust. Increased call responsibilities

- Work life balance
-
- Lack of mentorship
-
-

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Better mental health

- More stress
-
- More prone to burnout
-
-

How has your lifestyle changed relative to clerkship?

Better lifestyle

- Residency is way harder
-
- Less motivation to do scholarly work

HEALTH and LIFESTYLE

Senior Resident 1

Senior Resident 2, 3

Do you have time for exercise and meal preparation, respectively?

Exercise 3-4 times a week

Mix of both

- 3x per week
- Prepare primarily
- No, twice weekly
- I prepare meals 3-4 days per week

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Most weekends. 8-5 normal hours.

- Depends. 730-6 vs 24h call.
- I spend one weekend a month doing things for myself, one or two on-call and one with others.
- weekday hours are 7:30-6 on average

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Make time for your relationship.

- No longer in relationship. Difficult
- be aware of easy it is to lose relationships due to residency

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes I have

- Call
- no, distance

What is the social life like in your residency city?

Great social life

- Fun
- Active

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Supportive with lots of mentorship

Senior Resident 2, 3

- : Very supportive. No mentorship program
- : Somewhat supportive but mentorship is informal and inconsistent

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Appropriate supports

- : Unsure
- : yes, accessible through student health

Can you comment on the faculty supports for accommodations?

Great faculty support

- : We get mat leave
- : No

How are you doing financially? What are some ways you are coping with any financial issues?

Doing well financially

- : Line of credit
- : Paying back debt slower than anticipated

WORDS OF WISDOM

Junior Resident 1, 2, 3

Have a clear plan of what would your ideal program should look like, but keep an open mind of what and where you will do residency until the very end. You might not realize how well a program fits you until you are interviewing for it!

Go to the program that fits best. In the end we all have priorities (location, specialty, family, etc) and making sure you stay true to your priorities will mean you have a better overall experience.

Choose a program that you actually like because if you don't enjoy your specialty you will become burnt out even sooner

PROGRAM

How satisfied are you with your current specialty?

Very

Very satisfied.

Very

Were you surprised about any aspects of your residency?

Protection of time for teaching can be sometimes difficult to obtain

Balance of in-patient and clinic-based rotations

Less opportunities for procedures that I would like

Senior Resident 1, 2, 3

• Love what you do, or do what you love! you are lucky if you can have both!

• Talk to the residents in that program and decide if they're happy doing what they do because ultimately your life as a resident will be much different than when you're a medical student and if you don't consider this you will be unhappy as a resident

• One piece of advice is to prioritize spending time on night shifts and weekends. Clerks routinely try to avoid these opportunities and are overly keen to sleep on call, however, these are the most stressful and challenging times of residency and

• Satisfied

• Very

• Very

• As expected

• Responsibility as an R2 in the emergency department overnight

• More logistical/interprofessional conflicts, more bed management

PROGRAM

Junior Resident 1, 2, 3

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

Time difference between family and new resi- dency (difficult to call)

Overall adjustment was ok. I moved to a new city and had to spend some time setting up housing. The other challenge was learning the hospital pro- tocols for admission and what types of patients are admitted to which service.

Moving across the country away from family sup- ports, adjusting to new hospital and computer systems

Senior Resident 1, 2, 3

- Time managemnt
- Night float
- No (this is a double barrelled question)

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

I have found new ways to maintain my mental health (exercise); but still looking how to continue or adapt some of the habits I developed in clerk- ship (group sports, contact with family)

Residency here is well-supported, with lots of feedback and frequent check-ins with both staff and other residents. There is a culture of helping each other complete the work that makes the days easier.

Residency is tougher on mental health because of the relentless call and fatigue

How has your lifestyle changed relative to clerkship?

More exercise, but still looking to strike life/work balance.

Things revolve around being in the hospital and ensuring both the service and learning are com- pleted.

Less sleep

- I was depressed first year, then I started to adjust
- Pretty similar
- Not changed

- more busy, more responsibility
- I attend less social activities than clerkship
- Less socializing

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Do you have time for exercise and meal preparation, respectively?

5-15min every morning on weekdays; 10-20min on weekends

Prepare myself; cook x1 for the week on weekends +/- 1-2 meals on weekdays

I try to exercise twice per week.

I prepare my own meals mostly. I eat out once or twice per week. (can't afford to eat out more often). In general I eat out to socialize,

Yes because I prioritize exercise

I prepare all of my own meals other than eating out with friends occasionally

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekday 7-7, on weekends depends on call. Unfortunately, while I find time for myself I am often fairly tired to use it well.

weekdays are 8 - 5:30 usually. Weekends are great when not on call. lost of time for myself

I have time for myself on weekends when not on call. Typical weekday hours would be 8:00am to 5/6/7:00pm with some overnight 24 hr shifts

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

No relationship; tip for incoming residents would be that it might become more difficult to make time to continue or, especially, create new relationships. Start residency with a plan.

Long distance is terrible.

I wouldn't know. Not in a relationship starting in residency and haven't had to time to pursue one

Senior Resident 1, 2, 3

• yes, 3-4 a week

• I usually buy it

• No. I try for 3 times per week

• I love cooking so prepare most meals. Eat out 1-2x per week

• No, probably 1hour 3 times per week

• Combination. Prepare 5 nights per week

• I have 2 weekends off every month. weekday starts @ 7:30 and finishes by 5-5:30

• Often have time for myself on weekends. Typical weekday hours are 0800-1700

• Most weekends. Work 730 until 6 usually

• your partner should understand the commitment you have with patients and providing care. there are sacrifices, no doubts. but you should dedicate your free time with your partner as much as you can

• Definitely manageable with appropriate expectations (ie working half the weekends, call shifts, research and study requirements) and planning. I'm in a relationship with another resident and we spend lots of time together

Proper partner education

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Some straining, but my network is still present; time difference and distance are the biggest challenges.

I've maintained my closest friends but I moved almost across the entire country so it's not as easy as it was.

Major challenge is maintaining relationships with friends in different time zones for residency

What is the social life like in your residency city?

Not bad

Very good

Very good

Senior Resident 1, 2, 3

somewhat
Moving to a different city and province for residency is challenging because you don't have the same support group from friends and family

Working two weekends per month reduces one's availability

Not bad

There are official events organized by the maritime resident doctors as well as the wellness rep for my program. Many residents also get together on a regular basis to socialize. I feel there's usually something going on

Excellent

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Can you comment on the support from senior residents, and the mentorship in your program?

Very supportive and friendly. There is no formal mentorship, but seniors are open to talk.

very supportive.

Senior residents are supportive and always willing to help

Senior Resident 1, 2, 3

very supportive. mentorship is not well structured

Great support from senior residents and staff.

Definitely think there are a lot of mentors at Dal

Yes. People are very supportive, understanding and bond over the mutual difficulties

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

There is a wellness committee and our division head is highly supportive; but I am not aware of any formal resources.

unsure.

I don't know

yes, the program director and wellness representative

Not entirely sure. I believe we have these resources but have not used them

Probably, I have never felt the need to access them. Most residents cope on their own and with their co-residents. I do not think formal resources have a large role.

11

“Obviously the study of biology and chemistry...maybe physics too?”

– Every other specialty

MEDICAL BIOCHEMISTRY

WORDS OF WISDOM

Resident 1

The program is intense and requires a lot of independence with minimal supervision with very sick patients. If you want more gradual training go to a bigger centre

PROGRAM

How satisfied are you with your current specialty?

Very

Were you surprised about any aspects of your residency?

Independence given to R1s

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

It was extremely stressful initially

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Extreme stress and trial by fire attitude was much more intense compared to med school

HEALTH and LIFESTYLE

Resident 1

How has your lifestyle changed relative to clerkship?

Fun replaced by work and sleep

.....

Do you have time for exercise and meal preparation, respectively?

Every other day

.....

Maybe every third meal is prepared. Don't really have time for meals more like eat a granola bar you found in the bottom of your bag as you round

How often for you find time on weekends for yourself? What are your typical weekday hours like?

10h week day is standard sometimes they are longer rarely shorter with no breaks weekends I make time and sacrifice studying to do so

.....

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Make your relationship the priority cause there's always more work to be done but there's only one of your spouse and you get one shot with that. Two shots if you're lucky.

.....

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I moved across the country for residency so my social support is maintained by phone

.....

What is the social life like in your residency city?

No funding in NB or little compared to NS for resident events. Call schedule so packed that it's hard to coordinate group activities without half of the residence being on call or on distant rotation.

.....

SUPPORT and RESOURCES

Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Variable

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Probably

.....

Can you comment on the faculty supports for accommodations?

Resistant unless you make enough noise for disability or leave. Maternity and paternity leave has been easier to arrange

.....

How are you doing financially? What are some ways you are coping with any financial issues?

Breaking even

.....

12

“They have a lot of nerve.”
– *Unknown*

NEUROLOGY

WORDS OF WISDOM

Junior Resident 1, 2, 3

Make sure you like the environment you're going to be working in and the people you're going to be working with - you'll spend a lot of time at work.

Follow your gut. If you don't, you'll always be wondering "what if".

Choose the specialty you want over location unless you have specific restrictions

PROGRAM

How satisfied are you with your current specialty?

Very

Very satisfied.

Extremely satisfied

Were you surprised about any aspects of your residency?

No

Surprised by how broad the specialty is

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

You have way more commitments during residency and it can be overwhelming.

No

The increased responsibility was intimidating the first few months, but you quickly grow accustomed to that.

Senior Resident 1, 2, 3

Make sure you like the environment you're going to be working in and the people you're going to be working with - you'll spend a lot of time at work.

Enjoy the process and privilege of working in medicine.

Satisfied

Very

Very satisfied

No

Not really

No

No i felt it was very reasonable

Not really. Was pretty tiring at first.

No

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Senior Resident 1, 2, 3

Compared to medical school, how has residency and your specific location affected your mental health?

Much more stressful and anxiety provoking. But more rewarding as well.

Mental health not affected

More stressful, but no overall change on mental health.

No change

Much better than medical school.

Neutral

How has your lifestyle changed relative to clerkship?

More focused on school and work rather than self.

Need to create a better schedule to accommodate for life outside of work

Less free time but overall not that different.

My lifestyle is far more restricted however medical school is not as challenging as a real life job.

Much busier with work due to more responsibility.

Improved, more balance

Do you have time for exercise and meal preparation, respectively?

3 times per week

Maybe 2-3 times per week

4x a week

Daily

Yes

Prepare majority of all meals

No, I exercise 3-4 times per week

I prepare all my meals at home

No. Varies - once a week to once a month, but this is partially because I don't prioritize it.

Almost always prepare them myself. I would say a few times a month I have to buy lunch because I didn't have time to make something.

Min. 4 days per week. I wish it were more.

Prepare my own meals daily.

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Busy. Weekends off are nice but spent mostly recuperating.

10 hours a day, typically. Every weekend.

Weekends when I'm not working are almost completely family time. I work about 10-12hrs/day on average.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

It places strain if your partner doesn't understand your situation and call schedule.

Need someone who is supportive, and understands that sometimes the reciprocal support may not always be there on busy rotations.

Take time off on weekends to do things with your family/partner. One day a week should have no work involved if not on call.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes for the most part.

Yes i have

I rarely see friends outside of family/medicine due to time constraints, but I have young children so that is a big factor in that.

What is the social life like in your residency city?

Excellent

Excellent

Social life?! If I didn't have a young family I would realistically have lots of time to socialize.

Senior Resident 1, 2, 3

• Work 8 - 5 PM and then study 6-10 PM

• Make a point of finding time on weekends for myself. Typical weekday hours: start at 8, end sometime between 5-6.

• Approximately half of my weekends are consumed by work. Weekday hours are approximately 12 hours/day

• I gained my relationship during residency

• You need to set aside time to spend with your partner and make an effort to make that time special.

• I have a very understanding spouse, this helps with the unpredictable hours

• No, it is very difficult to maintain your friend network as everyone is focused on their careers

• Yes. Biggest challenge is that most of my close friends live on the other side of the country and trying to get fellow residents to go out as a group is like trying to pull teeth sometimes.

• Yes. Time available is the biggest challenge.

• Generally I spend time with those outside of my residency

• Ok.

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Can you comment on the support from senior residents, and the mentorship in your program?

Yes. Very supportive.

They are excellent, very supportive.

Yes. Senior residents in our program are extremely supportive.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I think there are but I have never looked for them.

Yes

I have not used these resources but I'm aware they exist.

Senior Resident 1, 2, 3

I didn't have a senior resident mentor

Yes, very supportive. Have advice for you for all your rotations.

Yes.

I am not aware of supports for when I am burnt out, however have also not searched for them

I have no idea what the resources are if I'm feeling burnt out at the school, because the solution for feeling burnt out, for me, is to focus on doing things outside of work/school.

I believe so

Can you comment on the faculty supports for accommodations?

Faculty in my program are excellent and always available to chat.

Very supportive.

Very high level of support.

I have not had to engage in these personally

No.

No

How are you doing financially? What are some ways you are coping with any financial issues?

No problems currently. Student loans are still present.

No difficulties at this time

Debt

Horrible, my debt has increased

At times money feels tight because cost of living is relatively high, but generally doing well and managing to save some of my paycheque.

I have student debt but able to live on my residency salary.

WORDS OF WISDOM

Senior Resident 1

pick a specialty that will allow you to have a personal life too

Senior Resident 2

Talk to residents

PROGRAM

How satisfied are you with your current specialty?

completely satisfied

Very satisfied

Were you surprised about any aspects of your residency?

many

Yes

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

very difficult time. culture is most difficult

Yes. location and program

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

very negatively

Severely impaired

HEALTH and LIFESTYLE

Senior Resident 1

Senior Resident 2

How has your lifestyle changed relative to clerkship?

much worse

Worse

Do you have time for exercise and meal preparation, respectively?

no, almost never

No

prepare them mostly. 49/50

5x per week

How often for you find time on weekends for yourself? What are your typical weekday hours like?

weekends are not busy when i am not on call.
weekdays are 8-530

Often. 9-6

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

i am in a long distance. it has affected it very negatively

Destroyed it due to long distance

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

long distance, lack of time

Long distance, no

What is the social life like in your residency city?

minimal

minimal

SUPPORT and RESOURCES

Senior Resident 1

Senior Resident 2

Can you comment on the support from senior residents, and the mentorship in your program?

no, there is minimal to no mentorship or leadership in our program

Minimally and nearly not existent

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

not at all. counsellors are available but they don't seem to understand

Few and superficially supportive

Can you comment on the faculty supports for accommodations?

haven't tried but they don't seem very supportive if I had to ask

Not applicable

How are you doing financially? What are some ways you are coping with any financial issues?

average

Not good

WORDS OF WISDOM

Junior Resident 1

Take a look at the residents in the program. Are they happy?

Senior Resident 1

Try to relax, have fun, have faith in the process

PROGRAM

How satisfied are you with your current specialty?

Very

Very satisfied

Were you surprised about any aspects of your residency?

Nope

No

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No

Not at all

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

I find that I feel happier overall. I love the city, the people in the program, the increased responsibility for making decisions. Of course, the increased call responsibility is exhausting at times.

Much more pleasant working environment in Halifax. Going to work is a joy.

HEALTH and LIFESTYLE

Junior Resident 1

How has your lifestyle changed relative to clerkship?

More organised. I eat better, exercise more. However I study less (less impending exams), although what I do study I find relevant and therefore I have a better understanding.

Do you have time for exercise and meal preparation, respectively?

About 3 times per week. Although I do walk to and from work daily (total of 25-30 minutes). Less often if doing a string of call shifts.

I mainly prepare them myself (or my partner does). We probably cook supper 5 days a week, go out on Fridays or Saturdays. Slow cookers are amazing.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Probably half of my weekends are free from clinical duties. Typical weekday hours are 730am-6pm.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Improved as compared to med school. My advice would be to make time for each other. Prioritise your relationship as well as your residency.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Building a new one in a new city. Biggest challenges is that many of my friends are also residents.

What is the social life like in your residency city?

Fantastic. Lots to do.

Senior Resident 1

I have more free time, own a house, and belong to more wine clubs. Also, I now have a most excellent dog. We are best buds.

Yes

I share meal prep with my wife. We cook the vast majority of our meals.

Most of the time. Weekdays tend to run from 8-5 at work. We enjoy sharing the globe and mail over cappuccinos with our dog on Saturday mornings.

Residency has brought us closer together. I strongly suggest having a love during residency - it's great.

Yes. I am lucky to have a few non-medical friends. The biggest challenge is keeping medical acronyms out of our casual conversation. This, however, is entirely manageable, and well-worth the effort.

Fully adequate.

SUPPORT and RESOURCES

Junior Resident 1

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes, the senior residents are supportive. Difficult to foster much of a mentorship as we are off service much of the first year.

Not terribly.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Unaware.

I don't know. Fortunately, this has not been an issue.

Can you comment on the faculty supports for accommodations?

Unable to comment.

Haven't required any, but I am confident they would be great.

How are you doing financially? What are some ways you are coping with any financial issues?

Financially okay. Partner income helps, as does budgeting.

Terribly. I have all the debt. I cope with this mostly through denial and accumulation of ever-more crippling debt.

13

**“Trust yourself, you know
more than you think you do”**
– Benjamin Spock and/or anonymous
neurosurgeon

NEUROSURGERY

WORDS OF WISDOM

Junior Resident 1

Think really carefully about your specialty. If you really like it, you'd be willing to go anywhere.

Senior Resident 2

It's the hardest thing you'll do in your life. Choose a place where you fit in. Take care of yourself.

PROGRAM

How satisfied are you with your current specialty?

Quite satisfied so far.

Satisfied

Were you surprised about any aspects of your residency?

We have a small program here, so even as an R1 I have a huge amount of work and responsibility, and sometimes need to run an entire team when there is not a senior around. It can be very frustrating in a position where I do not have any seniority, but at the same time a lot of responsibility.

More work outside of clinical duties than expected

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

I found the transition smooth. I had always been a workaholic, so a neurosurgery residency was not anything new. Location-wise, I have lived in Saskatoon before, so the city was familiar to me.

No

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

The most difficult challenge of residency has been not having enough time to spend at my church, which for me is a huge aspect of my spiritual life.

It has been much more challenging. Good support is necessary.

HEALTH and LIFESTYLE

Junior Resident 1

Senior Resident 2

How has your lifestyle changed relative to clerkship?

Aside from spending less time at church, my lifestyle has not changed much. Back in clerkship I spent 90% of my waking hours at work, if not clinical work and studying, then research.

• Much less free time.
•
•
•
•

Do you have time for exercise and meal preparation, respectively?

I feel like I run up and down so much as a neurosurgery resident that my work is basically my exercise.

• No. 2-3 times per week
• Try to prepare. Maybe 60%
•
•

I always buy my meals.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

On average, I get every second weekend off. My work hours are anywhere from 80 to 120 hours per week.

• Typical workweek is 80+ hours at the hospital.
• Usually 2 weekends off per month
•

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

It has been somewhat difficult for my fiancée and myself, but as Christians we believe in commitment in a relationship. Not every residency, obviously, is as work-intensive as neurosurgery, but if you are an incoming resident in a tough specialty as this, my only advice is: Do not take relationships lightly. Either be committed, or do not go into a relationship at all. A relationship without firm commitment will only bring grief and a lack of focus in your training.

• Depends on your expectations and theirs
•
•
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Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

My biggest social support is my church. Even going once every second week makes me very pleased. For me, as long as my spiritual life is intact, I am able to maintain my sanity.

• No. No time
•
•
•
•
•

What is the social life like in your residency city?

• Average
•

SUPPORT and RESOURCES

Junior Resident 1

Senior Resident 2

Can you comment on the support from senior residents, and the mentorship in your program?

I found my senior residents very supportive. They would often encourage me to take some time off in fact. From that, I could tell that they really appreciated what life was like as a new neurosurgery resident.

Yes. Good program that way

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I really haven't been using resources at my school. As I have said repeatedly, the only support I need is my spirituality.

Yes

Can you comment on the faculty supports for accommodations?

The faculty is very flexible when it comes to booking vacation time. This allows me to spread out my vacation time so that I can take a break once in a while.

NA

How are you doing financially? What are some ways you are coping with any financial issues?

I don't spend much on things outside of necessities, so finance has never been too much of a problem for me.

Maxed out in debt. Coping day-to-day. Not too worried though

14

“Everyday is Labor Day”

OBSTETRICS AND GYNECOLOGY

WORDS OF WISDOM

Junior Resident 1

Choose family medicine and stay close to home.

Junior Resident 2

Winnipeg is a friendly city to do residency in. The hospitals have a community feel and you get to know people very quickly. The staff and residents mostly all been understanding and supportive of my learning. Since everyone gets along in the hospitals, the work environment is fun which makes a big difference since we spend so much of our time there!

PROGRAM

How satisfied are you with your current specialty?

PGY-1 is a lot of off-service so it is hard to judge so far, but compared to internal medicine ob/gyn is a great specialty with hands-on procedures and surgeries with a spectrum of mostly healthy patients with a sprinkle of really sick ones.

Very

Were you surprised about any aspects of your residency?

PGY-1 is a lot of off-service so it is hard to judge so far, but compared to internal medicine ob/gyn is a great specialty with hands-on procedures and surgeries with a spectrum of mostly healthy patients with a sprinkle of really sick ones.

Less hands on/practical exposure than I thought.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Definitely. Residency is a LOT of hours of clinical duties in addition to research, studying, courses such as principles of surgery, etc. Plus, I moved to another province whereas my family stayed in Ontario and it has been really hard being away from my core support network of family and friends.

No

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

More anxiety and stress

Improved because I now live in the same city as my family.

HEALTH and LIFESTYLE

Junior Resident 1

How has your lifestyle changed relative to clerkship?

A lot more hours of clinical duties. 80-100 a week, it's insane!

Do you have time for exercise and meal preparation, respectively?

hahaha...daily? God no. Maybe once a month.

Prepare myself or my husband cooks. We like to cook and do some a few times a week.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

In residency, you only have every other weekend off. Weekday hours are 7-5 pm with no breaks and sometimes there is time for lunch.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Make sure your partner is VERY supportive. It is super tough and weak relationships simply won't last. In residency there is less time to see each other and way more stress and less sleep and with 1 in 4 call, the number of nights for intimacy is cut in 1/2 basically (1 night oncall away from home and postcall you are generally dead tired).

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Barely. No time and moving to another province for residency.

What is the social life like in your residency city?

My year in obgyn is amazing but we have a hard time getting together with differing schedules and rotations in pgy1. Winnipeg is a great city socially but I don't get out much.

Junior Resident 2

• Much busier. Less time for social activities, fitness, sleep.

• Not daily. On a good week I get an hour 3 times a week.

• Make breakfast but mostly buy lunch and dinner.
• Maybe I'll make one dinner [per week].

• Typically 3-4hrs spent not studying/catching up on errands during weekend. Weekdays I usually work 12 hr days unless I'm on call.

• My relationship is better because we now live in the same city. I would tell other's that it's difficult you find time to spend together without distractions. We mostly spend time together when exercising, eating or studying.

• I've lost a lot of friends. I have a few close friends who also have busy lives and understand my commitments. It's really hard to plan things in advance and things always come up so I'm continuously cancelling plans. Friends get fed up with that.

• I spend a lot of time with other residents. I mostly see friends when we study or exercise together.
• Otherwise I spend maybe 1 evening a month going out with friends.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Great group in obgyn. You have a staff mentor.

Junior Resident 2

Yes, they're great. They are very welcoming and friendly. We have a mentorship program that was just started this year and it's a nice way to connect with senior residents/staff.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Nope. You are not allowed to feel "burnt out".

There are resources I know about but I haven't had to access them yet. I feel that I would be able to find support and my program director is incredibly understanding.

Can you comment on the faculty supports for accommodations?

There is a lot of residents on mat leave in our program.

Very accommodating. Many of our residents have taken mat/pat leave multiple times.

How are you doing financially? What are some ways you are coping with any financial issues?

Doing ok. The taxes on our salary our outrageous, especially since call stipend is payed as "overtime" and taxed at over 50% so you basically get paid \$100 for 26 hour call haha it's a joke.

Still have the same debt as when I finished medical school. Not finding it an issue yet.

WORDS OF WISDOM

Senior Resident 1

Do what you want to do and don't let CARMS intimidate you. Be flexible with your location if it's a more competitive program and have at least 5 options.

PROGRAM

How satisfied are you with your current specialty?

Very satisfied

Were you surprised about any aspects of your residency?

Consanguineous populations and proportion of new immigrants

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Residency has been more challenging, more tiring.

Senior Resident 2

Choose based on lifestyle goals in 10 years

Very

Less minimally invasive procedure experience

New, smaller city

Detrimental

HEALTH and LIFESTYLE

Senior Resident 1

Senior Resident 2

How has your lifestyle changed relative to clerkship?

Significantly more prioritization.

Less balanced

Do you have time for exercise and meal preparation, respectively?

3 times a week

No, weekly

Buying meals 1-2x/week. Mostly made at home

Prepare myself 2/3rd of the time

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Most weekends free now as a fellow. 0800h-1600h now.

6:30-5pm. Weekends off twice monthly on average

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Relationships are important. Residency hasn't changed my attitude towards it.

Stay in the same city

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Not as much. Friends are mostly in different provinces.

Yes

What is the social life like in your residency city?

Sad.

Mostly socialize with other residents

WORDS OF WISDOM

Junior Resident 1, 2

Consider the personalities and lifestyles of the existing residents to see if you will gel.

Do an elective. Get to know the people before you even start.

Senior Resident 1, 2

Do something you love.... that is the most important thing. You will be working a lot and if you don't love what you do you won't make it through. Take care of yourself because no one else will. Make sure you still live the rest of your life... push yourself to do that even if you feel tired.

Switching programs is a lot easier than they make it seem during the CaRMS process. Choose what you think you'd like to do, but know that if you hate it there is always the option of switching.

PROGRAM

How satisfied are you with your current specialty?

Very satisfied. Enjoying the work very much.

Very

Love it

Somewhat to very satisfied

Were you surprised about any aspects of your residency?

Less formalized teaching than anticipated

No

It's all been a learning process

No

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Increased responsibility

Hours and call

No

No. People moving to NL from "away" might find the culture to be somewhat different, but I did not find this to be a problem.

HEALTH and LIFESTYLE

Junior Resident 1, 2

Compared to medical school, how has residency and your specific location affected your mental health?

My mental health has improved. I don't have to worry about CaRMS or life choices. I have a great residency support network.

Feel more tired and need to intentionally ensure I am performing self care, but in general my mood is better as I am in a community of friends and enjoy the work I do

How has your lifestyle changed relative to clerkship?

More studying in evenings

Less exercise

Do you have time for exercise and meal preparation, respectively?

No. Never.

Varies. Once every week.

No. never

Prepare 4 days a week

Senior Resident 1, 2

It's been tough but I have good supports

I've really enjoyed residency. I don't think location had anything to do with it.

I spend way more time working and studying

Lifestyle is better. We have lots of vacation time, and more control over it than we did in medical school.

Yes I make it a priority

Prepare them or my husband does

Yes, but I don't as often as I should.

I could prepare them a lot more often than I do :) I don't see how this has to do anything with my residency choice?

HEALTH and LIFESTYLE

Junior Resident 1, 2

How often for you find time on weekends for yourself? What are your typical weekday hours like?

10 hours a day. Little free time on weekends due to call and catching up on errands and housework.

7-5:30. Study on weekends but generally find time for self.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Less time with partner. Make clear outlines for spending time together. Have someone who is going to help you out when you are busy.

No change

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes. Biggest challenge is differing call schedules.

Don't see my family as often

What is the social life like in your residency city?

Great. Lots of fun things to do.

Awesome.

Senior Resident 1, 2

• Rarely right now... I am studying for the royal college

• Often. Typical weekday hours 7-5 or 9-5 depending on rotation.

• We have grown stronger together and even got married during it... but it is hard on relationships to work so much and you need a supportive partner.

• I have been single throughout residency. Personally I don't find it very easy to meet people here, but that likely is because I'm always at work.

• Being so far away... with a three and half hour time change. I have maintained friendships but I don't see or talk to people every single day.

• Yes. I don't find it hard to maintain the social contacts that I want to.

• It is what you make it

• Better than it was in med school!! This is not a problem. The program is not very big, and we are pretty social with each other.

SUPPORT and RESOURCES

Junior Resident 1, 2

Senior Resident 1, 2

Can you comment on the support from senior residents, and the mentorship in your program?

Most are supportive. Some are more hypercritical and will take advantage of your time. They are in the minority, however.

Yes. Great mentors and friends. A certain culture of competitiveness, however

Yes. There is a fair amount of socializing among residents.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I don't feel they are well advertised or easily accessible.

Unknown

I have not accessed anything... I have used supports outside of work

Yes, I think there would be.

Can you comment on the faculty supports for accommodations?

So far so good.

Supportive with bereavement

They have been quite supportive

I think there is quite a lot of support for these leaves. Many residents have taken leave for various reasons, and I think the program is understanding.

How are you doing financially? What are some ways you are coping with any financial issues?

So poor.

So poor. Call payouts are very delayed.

Super strained... it has been one of the hardest parts. I live pay cheque to pay cheque and it's been stressful. I have had to get help from my parents on multiple occasions as the debt load I carry is so high. I can't wait to be done and start paying some back.

Pretty well. I live in a small apartment so I save a lot on rent.

WORDS OF WISDOM

Junior Resident 1

Location is important - having friends and family for support is essential.

PROGRAM

How satisfied are you with your current specialty?

Satisfied

Were you surprised about any aspects of your residency?

Too early to say

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No I was happy I matched where I did

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Same as med school

HEALTH and LIFESTYLE

Junior Resident 1

Senior Resident 2

How has your lifestyle changed relative to clerkship?

Same as clerkship; expect that to change

.....

Do you have time for exercise and meal preparation, respectively?

Can't exercise daily - try to twice per week.

Prepare [meals] once per day.

.....

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Try to find weekends to myself twice per month.

Weekday hours range, generally 7-5.

.....

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Not in a relationship

.....

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Maintained it well. Friends have stayed in same city.

.....

What is the social life like in your residency city?

Good

.....

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Supportive, collegial, willing to make sacrifices for others

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Can talk to a senior or my program director; can talk to DoctorsNS

.....

Can you comment on the faculty supports for accommodations?

Unable to answer

.....

How are you doing financially? What are some ways you are coping with any financial issues?

Financially stable

.....

15

**“Now cover the other eye
and read the same line...”**
– *Anonymous Ophthalmologist*

OPHTHALMOLOGY

WORDS OF WISDOM

Junior Resident 1

Ask the residents how happy they truly are and what the worst part of their program is. Hopefully they'll tell you and be honest.

PROGRAM

How satisfied are you with your current specialty?

I love ophthalmology. I hate residency and how residents are abused.

Were you surprised about any aspects of your residency?

Over time, program is becoming less enthusiastic to having residents in OR as understandably slower when learning surgery and staff therefore would have to book fewer cases and make less money. Also, they only care about us to make money for them and to provide call coverage. Also surprised by amount expected to know which never experience in clinical duties and never get formally taught about.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Our program has a very high frequency of call with no blocks ever free of call such as research. I'm also in a heavily male (85+%) dominated department and as a female I'm often unconsciously discriminated against. As an outpatient based specialty, we never have any downtime during the day to read around cases, etc. Turnover in the OR is rapid and no time to read between cases there either.

HEALTH and LIFESTYLE

How has your lifestyle changed relative to clerkship?

More tired all the time. More time sleeping when am off work. Less exercise and time to independently read and study. Diet also become less healthy.

HEALTH and LIFESTYLE

Junior Resident 1

Compared to medical school, how has residency and your specific location affected your mental health?

Good to be in a specific program - feels more like you have a home and a family. Sense of belonging is greater. However, less peers going through same thing as you has made it more difficult in some respects. Our program expects us to pay for a significant portion of our daily working and equipment costs (in addition to parking all across the city at a price of ~\$100/wk) and this has caused some additional financial stresses.

Do you have time for exercise and meal preparation, respectively?

Never.

Try for financial reasons to always prepare meals myself. Sometimes however this leads to a lot of frozen dinners and pre-packaged meals

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekdays: 7 am - 6 pm in hospital if not on call. On call is 24 hrs weekdays with no post call day. Weekends is straight through Friday - Monday morning. Again, no post call days.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Cannot comment - but unless you meet your significant other in a hospital don't expect to find time to date in residency.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

No. Medical school friends across the country. No time in residency to make new friends.

What is the social life like in your residency city?

Non-existent.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Some senior residents were supportive, extremely so. Some residents just a year above were not supportive and to the point of being counter-productive and cruel.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I suppose there are, but too much stigma against them.

Can you comment on the faculty supports for accommodations?

Personally feel a lot of stigma if were to use. Who would cover call if a resident went on maternity/paternity leave?

How are you doing financially? What are some ways you are coping with any financial issues?

WORDS OF WISDOM

Senior Resident 1

- Don't settle for a career of your second choice if you don't match in CARMS. A year of waiting to try again, while it seems like a failure, is a good chance to explore life outside school and evaluate priorities. You will be a better resident and doctor if you are practicing your number one choice for a 35 year career

PROGRAM

How satisfied are you with your current specialty?

- Very

Were you surprised about any aspects of your residency?

- No

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

- No

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

- Better and worse at times. More happy with work.
- Higher expectations and hours are taxing at times.

HEALTH and LIFESTYLE

Senior Resident 1

How has your lifestyle changed relative to clerkship?

- Very different. Much less time for extra curricular activities and everyday activities as well.

Do you have time for exercise and meal preparation, respectively?

- R1 exercised 3x/week. R2 1x/week. R3 1x/month
- Prepare meals 33% of the time.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

- Every second weekend find time for myself. Week-day hours in hospital average 60-80 hours depending on number of call shifts.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

- Block out time to relationships. Specifically schedule it in or you will end up not attending to it.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

- No. Time is a challenge but even when there is time I am too tired and would rather stay home or have other regular life things to attend to.

What is the social life like in your residency city?

- Good

16

**“To thrive in life you need
three bones: a wishbone, a
backbone and a funny bone”**

– Reba McEntire

ORTHOPEDIC SURGERY

WORDS OF WISDOM

Senior Resident 1

Think long and hard about what you really want out of the program/city. Don't make it all about social life but also make sure to try strike a balance

PROGRAM

How satisfied are you with your current specialty?

Dissatisfied

Were you surprised about any aspects of your residency?

High volume of IVDUs

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No

HEALTH and LIFESTYLE

How has your lifestyle changed relative to clerkship?

No time for myself or health

Compared to medical school, how has residency and your specific location affected your mental health?

Poorly

Do you have time for exercise and meal preparation, respectively?

No.

I buy all meals

Senior Resident 2

Know what you are getting yourself into, know your strengths and weaknesses and if you can tolerate worst case scenario then you can do that program

Very satisfied

No

Long hours and lack of sleep

Yes: less sleep, poor diet, less exercise

Not at all

No, 3-4 times a week, but difficult to make time, sacrifice sleep for exercise

Meal preparation has fallen off the way side, buy most meals

HEALTH and LIFESTYLE

Senior Resident 1

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Very little time for myself where I'm not doing extra work

Senior Resident 2

Not a lot of time, 16 hrs per day

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

I'm not in a relationship. I haven't had time to meet anyone

Not in a relationship, no time

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Barely. Time is the biggest challenge.

No.

What is the social life like in your residency city?

Poor.

Nil

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Good support within group but we are all miserable

Senior Resident 2

Yes, good mentorship

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

No

Yes

Can you comment on the faculty supports for accommodations?

Reasonable

Very accommodating

How are you doing financially? What are some ways you are coping with any financial issues?

Challenging. There are always exams and courses/conferences that are not funded

Doing well

17

“Play it by ear”

– *they said*

OTOLARYNGOLOGY

PROGRAM

Junior Resident 1

How satisfied are you with your current specialty?

Highly satisfied

.....

Were you surprised about any aspects of your residency?

Not overly surprised

.....

Did you have a hard time adjusting to your life as a resident in your specific program/
location? What was most difficult to adjust to?

No difficulties

.....

HEALTH and LIFESTYLE

How has your lifestyle changed relative to clerkship?

More focus discipline and more responsibilities

.....

Compared to medical school, how has residency and your specific location affected your
mental health?

No effect

.....

Do you have time for exercise and meal preparation, respectively?

There is time but I'm too lazy to do so

I prepare meals for 2-3 days per week

.....

How often for you find time on weekends for yourself? What are your typical weekday
hours like?

2 weekends per month. Typical weekday hours
are 9-10hrs from 7am to 4 or 5pm

.....

HEALTH and LIFESTYLE

Junior Resident 1

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

No effect. Time management is key.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes.

What is the social life like in your residency city?

Very active.

SUPPORT and RESOURCES

Can you comment on the support from senior residents, and the mentorship in your program?

Residents are supportive.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I think so.

Can you comment on the faculty supports for accommodations?

N/A

How are you doing financially? What are some ways you are coping with any financial issues?

No issues so far.

18

**“A person’s a person, no
matter how small”**

– Dr. Seuss

PEDIATRICS

WORDS OF WISDOM

Senior Resident 1

You'll get a great education anywhere in Canada, look for a good "fit".

PROGRAM

How satisfied are you with your current specialty?

Can't imagine another field, great fit.

Were you surprised about any aspects of your residency?

Less procedural exposure than I would have liked.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Short window of daylight in winter (10a-4pm).

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Great improvement, really enjoy going to work.

How has your lifestyle changed relative to clerkship?

Better adherence to work hours, more study at home.

Do you have time for exercise and meal preparation, respectively?

Yes, but it takes committment.

1-2 week, for the entire week, and have quick lunch stuff to make lunches.

HEALTH and LIFESTYLE

Senior Resident 1

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekdays vary so much by rotation: some heavy up to 80-90hrs, others less so. Always try to take 1-2 weekend days to myself per block without studying etc.

What advice would you give for incoming are in a relationship, how has residency af-

Sometimes you won't be able to be a great partner and a great resident, and it is OK to be good enough sometimes.

Have you been able to maintain your past dency? What are the biggest challenges?

With difficulty: residents in different specialties across the country, but we still have a blast when we do see each other.

What is the social life like in your residency

Mainly my resident group, and consisted of outdoor activities and escapes to the mountains: hiking, skiing, climbing etc

residents in a romantic relationship? If you fected your relationship?

social support network since beginning resi-

city?

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Definitely supportive, we have a mentorship program which works for some and not others: I found my mentor in 2nd year and he's been continuing in that roll through fellowship and a staff job hunt, and likely beyond.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes: PDs, ombudsperson, physician/family services

Can you comment on the faculty supports for accommodations?

No experience, other residents have no issues.

How are you doing financially? What are some ways you are coping with any financial issues?

Fair salary, no concerns.

WORDS OF WISDOM

Junior Resident 1, 2

When choosing your specialty choose based on what you truly want to do because it is what you will be doing for the rest of your life. Don't choose one specialty over another specialty purely based on length of training if it is not truly what you want to do because although you may be happier in residency, you may not be happy for the rest of your career.

Don't apply to a residency program you're not willing to spend the rest of your life doing and 4-5 years is a long time if you don't like the city you live in.

PROGRAM

How satisfied are you with your current specialty?

100%

Very satisfied.

Were you surprised about any aspects of your residency?

No.

The amount of social cases.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Overall was a smooth adjustment. Most difficult to adjust to increased responsibility with same amount of knowledge.

Moving from a french city and University to a mostly english environment.

Senior Resident 1, 2

Set your priorities and be ready to compromise on some things.

Very satisfied.

Very satisfied.

I was surprised by the very high acuity of paediatric patients in the province and the under-representation of native children on the paediatric wards.

Workload, level of responsibility

Yes. Very different culture from where I did medical school. Limited resources.

Junior Resident 1, 2

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Positively, able to go to work and do what I love and work with the population of patients I've always wanted to. Stayed in Saskatchewan so close to family and friends.

Mostly more tired but the work is challenging.

How has your lifestyle changed relative to

Much busier, less time for things in personal life.

Moving means i have to start over my circle of friends and find new ways to entertain myself.

Do you have time for exercise and meal

No, try to at least 2-3 times per week.

Prepare them myself on a daily basis.

Yes when not on call.

Mostly buy my meals.

How often for you find time on weekends hours like?

If I'm not on call I have time for myself but usually on call 2 out of 4 weekends a month.

Around 70-80 hours a week.

Senior Resident 1, 2

More anxiety/stress.

clerkship?

Much more time spent on work-related things.

Less time for exercise and hobbies.

preparation, respectively?

Few times per week

Most meals prepared

No. Once a week at most.

Prepare my meals 70% of the time

for yourself? What are your typical weekday

Variable, shift-work

Weekday hours typically well over 12h/day.

SUPPORT and RESOURCES

Junior Resident 1, 2

Senior Resident 1, 2

Can you comment on the support from senior residents, and the mentorship in your program?

Yes very supportive, always feel well supported and comfortable to ask questions.

Residents and most staff are great!!

- Some senior support, little formal mentoring via the program.
- More or less. There is a mentorship program on paper...

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes. Our chief residents and program directors are very understanding.

I think so but never looked into it

- Supports available, but resident must seek them out; burned-out residents are bad at recognizing the need.
- There are supports in and outside the program.

Can you comment on the faculty supports for accommodations?

No, unsure of these.

Faculty is ok and even recommending leaves of absence for resident wellness.

- Program directors are supportive of individuals, but the rules make it very hard to use our vacation and personal days.

How are you doing financially? What are some ways you are coping with any financial issues?

Great, its nice to have a pay cheque finally. Trying not to focus on acquired student loans from medical school until have more income to pay them down faster.

The pay is great in Saskatchewan.

- No concern.
- Well.

WORDS OF WISDOM

Junior Resident 1

Be open to not ending up where you thought you would. We don't really end up being able to choose our residency program location, so flexibility is key. Don't pick a residency program based solely on how the 2-5 years will be - look way ahead to how your life will be when you are done and choose your program based on that. You can get through most things for the short to medium term, but if you hate what you do for your career, your work will always feel like a struggle.

PROGRAM

How satisfied are you with your current specialty?

Reasonably satisfied.

Were you surprised about any aspects of your residency?

The program's focus on a specific type of research for the scholarly project.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

For me, I think the most challenging thing was making the intellectual transition from someone who couldn't really make any clinical decisions on my own (as a medical student) to someone who is expected to make clinical decisions / have a clinical opinion.

HEALTH and LIFESTYLE

Junior Resident 1

Compared to medical school, how has residency and your specific location affected your mental health?

It is hard to have had to move to a new place where I had no real social group / friend group, particularly as a significantly older resident when I don't necessarily feel like I fit into the group of residents who are also starting out here.

How has your lifestyle changed relative to clerkship?

Depends on the month - some rotations are just like the busiest parts of clerkship and some are much more reasonable.

Do you have time for exercise and meal preparation, respectively?

I could probably make time at least 3-5 times per week, but I don't always prioritize this enough. It is definitely something I should be better about but losing out on the previous groups of people I used to exercise with and the previous habits I formed when I moved has had a significant impact.

I and my husband prepare meals regularly. We rarely eat out, although that isn't always easy.

What is the social life like in your residency city?

There is a lot going on if you want to participate in the things that fellow residents do, but I have no real peers in this respect. There are a lot of things to do in the city, however. It is a challenge to have a social life when you are starting from scratch again in regards to building a social circle.

HEALTH and LIFESTYLE

Junior Resident 1

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Depends on the rotation. Some rotations (CTU) are very busy and it is basically impossible to have time for myself outside of residency. Other rotations are reasonable. Weekday hours also depend on the rotation. CTU hours are long. Subspecialty rotations are frequently much more reasonable.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Residency resulted in my husband having to quit a job he loved and leave a city he loved to move with me to Winnipeg. Fortunately, it has worked out and he was able to get a job that is in his field and he likes it, but that was far from guaranteed and there were some very anxious months before we moved and in our first few days here. I have had to rely on him much more heavily for personal stuff as I am much less able to contribute around the house which will likely get old fast.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Not really. I had to move to a different province and I am at least 8 years older than all the other members of my residency program so I am finding it hard to find a social circle here. Maintaining inter-provincial friendships, while possible, necessitates significant changes to the relationship and makes it more difficult to rely on people I previously relied on.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Senior residents are generally very supportive. There are several formal mentorship programs and they try to set us up with mentors who will be relevant to us and our lives.

.....

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I assume. I haven't looked into this in detail so I don't know how accessible they are.

.....

Can you comment on the faculty supports for accommodations?

Seem very supportive, although I can't attest to this personally.

.....

How are you doing financially? What are some ways you are coping with any financial issues?

Moving is expensive. We have had A LOT of expenses in the past year, but I am fortunate to have had a family income that helps with that since my husband ended up getting a job very quickly.

.....

WORDS OF WISDOM

Senior Resident 1

Pick what fits for you and your support network (partner, friends, family) and then make time for you and them.

PROGRAM

How satisfied are you with your current specialty?

VERY satisfied.

Were you surprised about any aspects of your residency?

Less procedures.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Being away from my partner; fast paced residency; not having any pediatric experience (last min CaRMS choice).

Compared to medical school, how has residency and your specific location affected your mental health?

The same.

How has your lifestyle changed relative to clerkship?

It has changed.

Do you have time for exercise and meal preparation, respectively?

Try 3-4 times/week.

5 days/week.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Minimal; 0645-1900

HEALTH and LIFESTYLE

Senior Resident 1

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

It's been hard; make time for each other REGULARLY (schedule it in); we plan for every 2 weeks even if only for a few hours

⋮

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Schedules.

⋮

What is the social life like in your residency city?

It's okay.

⋮

SUPPORT and RESOURCES

Can you comment on the support from senior residents, and the mentorship in your program?

Very supportive; minimal formal mentorship; if approached, would be supportive

⋮

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Unknown.

⋮

Can you comment on the faculty supports for accommodations?

PDs, assoc PDs - very good support

⋮

How are you doing financially? What are some ways you are coping with any financial issues?

Poorly, trying not to use any of my line of credit but interest is killing me

⋮

WORDS OF WISDOM

Junior Resident 1, 2

Choose location more based on your social supports and quality of life than the specifics of the program.

Do what you love. Residency is going to be rewarding if you enjoy seeing the patients and doing the work. Don't do it for the money or city, do it because you love it.

PROGRAM

How satisfied are you with your current specialty?

Extremely.

Very satisfied.

Were you surprised about any aspects of your residency?

Yes.

Broad exposure, lots of responsibility, hands-on learning.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Yes. Responsibility for patients.

New city away from extended family.

Senior Resident 1, 2

Be yourself so you can really find out if the program is a good fit for you. Be open, you might be surprised which program you end up loving, even though you didn't expect to. Talk to the residents - they can give you the inside scoop on how the program really runs! Talk to the residents in that program and decide if they're happy doing what they do because ultimately your life as a resident will be much different than when you're a medical student and if you don't consider this you will be unhappy as a resident

Don't worry about others; focus on yourself and what will make you happy in the end.

Very, I love it

Very satisfied.

Tons of opportunities for hands on learning.

The amount of call and hours of work.

We have a lot of call (1 in 4 every block), so at times it feels really busy and tiring. But the residents in the program are really supportive so we all help each other through it.

Yes, change of city without family/friends

HEALTH and LIFESTYLE

Junior Resident 1, 2

Compared to medical school, how has residency and your specific location affected your mental health?

I need to actively practice stress reduction.

A bit more stressful, but as expected.

How has your lifestyle changed relative to clerkship?

I am more active and eat healthier.

Busier, more responsibilities, less free time.

Do you have time for exercise and meal preparation, respectively?

Yes.

Prepare them myself; daily.

No.

Half and half.

How often for you find time on weekends day hours like?

I am on call 2/4 weekends a month, the other weekends I often spend partly doing work and partly to myself. Typical weekday hours are around 8-10/day.

Every other weekend I find time for myself. Weekdays are typically 8-5 or 6.

Senior Resident 1, 2

• No significant difference. It's always hard when there are difficult cases and patient deaths, and our program could use more support in terms of debriefing all these cases, but if you seek people out there is always support.

• Has allowed me to be more resilient.

• Not significantly different.

• More healthy. More regularity being in one main hospital; comfort with the "system"; being comfortable with my work/specialty.

• I have time to exercise most days, but I often watch Netflix instead ;)

• I usually cook my own meals (myself or my partner). I make a lot so there are leftovers for lunch and call. I probably eat home cooked food 75% of the time.

• Gym 5x/week.

• Prepare my own meals 90% of the time.

• for yourself? What are your typical week-

• We work 2 out of 4 weekends, the others are completely off and I see friends, go home to see family. Weekday hours vary by which rotation we're on. Wards are usually 8-6 or 7, but other rotations could be 9-4.

• Depends on call schedule; on call half of weekends.

HEALTH and LIFESTYLE

Junior Resident 1, 2

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Long distance is possible, give it a try. You need a partner that understands and accepts your schedule.

Involve your spouse in activities. Encourage them to meet with friends in the city. Residency has definitely stressed our relationship time-wise, but it does not come as a surprise.

Have you been able to maintain your past dency? What are the biggest challenges?

Yes, but I see them less often. Major challenge is working so many weekends.

Mostly. Biggest challenges are being in a new city and physical distance from people. Also time is a challenge.

What is the social life like in your residency

Pretty good, but can be very boring when you have a lot of call.

Tons of bars and restaurants, cultural events. Our residency group gets together regularly.

Senior Resident 1, 2

No specific advice. If you partner is in medicine, try to make sure you have activities and conversations that are not about medicine (it's important to have a break from it). If your partner is not in medicine, just make sure you have open communication about your lifestyle, call, long hours and make sure you reserve time to spend just the two of you.

Difficult to date / start new relationship.

social support network since beginning resi-

Definitely. I have good support from my partner, friends, family, co-residents.

Somewhat; strengthened relationships with those who I care about the most.

city?

Because most of my friends in Ottawa are other residents, it's hard with our call schedules to see each other regularly, but we do okay. The residents try to have brunch on the weekend at least once a month. There is lots to do out in Ottawa (restaurants, bars, outdoors).

Can be as exciting as you want. But must be able to time manage well while being post/pre/on call a lot.

SUPPORT and RESOURCES

Junior Resident 1, 2

Can you comment on the support from senior residents, and the mentorship in your program?

Yes - we have excellent seniors.

Absolutely supportive. There is a ton of great mentorship in our program - between the senior residents, fellows and staff. Overall a great learning environment.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Relaxation room in the hospital. Flexibility with time off. PARO is supportive as an organization with resident wellness activities and support.

Senior Resident 1, 2

Senior residents are amazingly supportive and great teachers. Very collegial relationship, you could really turn to any resident in the program for advice or support.

Very supportive - best part of the program.

Yes, we have a psychologist who has made himself available to us if we ever want to debrief/talk/get advice on stress management, etc. We have peer support rounds throughout the year which provide opportunity for debriefing difficult cases and learning about meditation, stress management, setting realistic expectations of ourselves. Our program director is a great advocate and support. U Ottawa also has resident support services that we can access.

Senior residents; "Peer support rounds"

Can you comment on the faculty supports for accommodations?

I haven't needed but they have been very supportive for others

Excellent. They were very flexible with my paternity leave and will be in the future.

Very supportive. Lots of residents take parental leave (both moms and dads) and it's not a problem at all. Residents have taken time off for personal health issues, family deaths, etc and they are always accommodated. No one has switched out of our program but I think our program director would be supportive in helping to facilitate that if they just weren't happy here.

Highly supportive from what I've heard.

WORDS OF WISDOM

Junior Resident 1

Follow your instinct. And whichever residency program you end up in, try to make the most of it!
Have fun. Learn.

PROGRAM

How satisfied are you with your current specialty?
Very satisfied.

Were you surprised about any aspects of your residency?
Long hours.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?
Intensive care was most difficult to adjust to.

Compared to medical school, how has residency and your specific location affected your mental health?
Similar.

How has your lifestyle changed relative to clerkship?
More days/nights/evenings on call in the hospital.
Less time to read/study.

Do you have time for exercise and meal preparation, respectively?
3x/week.

I prepare my lunch everyday. If I work late I'll buy dinner at the cafeteria.

How often for you find time on weekends for yourself? What are your typical weekday hours like?
1 in 2 weekends off. I go skiing, hiking, see friends and family when I have a weekend off.

WORDS OF WISDOM

Junior Resident 1, 2

Pay attention to who is your preferred support network -- if it's colleagues, you'll find good ones in most places; if it's family and friends from home, consider choosing closer program or be proactive in communicating.

Choose a program you like, in a city where you think you will have support, access to what you like to do, and where you will enjoy living; but, be open to the idea that you might enjoy living somewhere.

PROGRAM

How satisfied are you with your current specialty?

Medium.

Very satisfied.

Were you surprised about any aspects of your residency?

Less opportunity to perform procedures (staff or nurses insist on performing them to "decrease distress to patients")

I was surprised to enjoy certain subspecialties more than I expected to, but have otherwise gotten exactly what I hoped/expected.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Not feeling welcome in my residency program, feeling isolated.

Adjusting to moving across the country away from family and friends was hard, especially with the sudden change in work load. However, the program was supportive and very welcoming and I made friends very quickly.

Senior Resident 1

Choose more based on location, atmosphere, and program size rather than "prestige" or other factors. After all, you have to live there and interact with those people for 2-5 years. You want to be happy there. And you can have a fulfilling career regardless of which med school/residency school you trained at.

Extremely Satisfied

Fewer procedures than expected

Location was difficult to adjust to (Newfoundland is isolated from the rest of Canada).

HEALTH and LIFESTYLE

Junior Resident 1, 2

Senior Resident 1

Compared to medical school, how has residency and your specific location affected your mental health?

Worse than in medical school.

I actually feel like I have more free time in residency, partly because my commute is minimal compared to in medical school. This has definitely had a positive impact on my mental health. Lack of sleep and fatigue has definitely put a strain on it, but this is variable depending on rotation and time of year. In general I feel like my mental health is very stable and somewhat improved in residency, but this is likely due to other life factors more than school.

Supportive group of residents has been very helpful.

How has your lifestyle changed relative to clerkship?

Admittedly, more free time, but less socializing.

I cook a lot more, partly from necessity - there is less readily accessible food in the hospital and in general here compared to in Toronto. It is easier to get outside and be active with proximity to nature here as well. However, I am walking far less than I used to, and this has impacted my physical activity. I spend less time going home and visiting family, being so far away, but I do have a very close group of friends which I've never experienced before. In general, I'm continuing to participate in all the activities I always have and enjoy my favorite pass-times as well. I definitely go on less dates - there is less anonymity in a smaller city and you can't quite ever take off the 'doctor hat'.

HEALTH and LIFESTYLE

Junior Resident 1, 2

Do you have time for exercise and meal preparation, respectively?

Three times per week, on average

Prepare meals, usually every day or every second day (I have a partner at home who helps with this)

No, not every day, but I didn't before either. I definitely walk less on a day to day basis, as it is not part of my regular commute any longer. I exercise probably 2-3 times per week on average, though it varies.

I prepare my meals most days. I am buying lunch maybe once a week, and I go out for meals with friends in the evening or on weekends, probably 1-2/week. Otherwise, I am consistently cooking, which is a significant improvement from clerkship.

Senior Resident 1

- No (due to call and other duties), but I exercise 2-3 times a week for an hour.
- Prepare about 75% and buy about 25%

HEALTH and LIFESTYLE

Junior Resident 1, 2

Senior Resident 1

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Typical weekday 7-8 hours; weekends on call 2-4 times per month, otherwise a reasonable amount of time to myself

Very rarely. The weekends I am not on call I find pressure to do all the things I can't do other times around the house, or doing research/school work I'm behind on. Or, I feel like I should really be going out, exercising, seeing friends, participating in activities rather than spending time recharging at home. It is hard to find a balance, but I am trying to listen to my body and make space for down time when i need it. During the week when not in call, I typically work 8-9hr days. Call shifts are about 25hrs in length.

Fairly often. Pediatrics has reasonable work hours here. Weekdays are usually 8 to 4:30 or 5 when on service.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Yes, I am newly married -- residency has created more strain/stress in some ways (greater expectations and not always available to help around house or spend time together), but made other things easier (stable income, more predictable schedule)

Being in a different province for residency contributed to the end of a relationship I started in a medical school. However, I've had success finding romantic partners (both short- and long-term) throughout residency. I would advise incoming residents intending to stay in a long-term relationship, to make it so that both partners end up in the same city ASAP.

SUPPORT and RESOURCES

Junior Resident 1, 2

Senior Resident 1

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Having been in long-distance relationships before, I think a LD relationship in residency would not have worked for me. I am spending so much energy at work that there is minimal time to devote to both a relationship and social activities- I can't imagine how I would have found the time to devote to a LD relationship without feeling significantly isolated otherwise. Living with my partner on the other hand in residency has been my biggest source of support. It is great to have somebody to pick up the slack at home with chores and cooking when I am particularly exhausted, I have coffee made for me every morning, and a hug whenever I need it. This support is unequalled in any of my other relationships. However, it's also challenging because a romantic partner that does not understand the demands on time residency has or the particular stresses that medicine can bring can add stress to your life that you shouldn't have. I guess overall, the right partner is going to make residency easier while others, even if they have been awesome before, might make it a whole lot harder. My libido has also been significantly affected by residency, I think mostly because of fatigue. Sleep seems so much more important than sex a lot of the time... and I'm glad my partner understands that too. My advice would be to try and carve out specific relationship time on a weekly basis. Schedule it in and don't let anything else get in the way. Try and communicate as best you can (when you're NOT post call). Hopefully they understand that things you might say or do when sleep deprived are not always accurate reflections of how you actually feel.

SUPPORT and RESOURCES

Junior Resident 1, 2

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Not as easily -- in a different city/timezone than most of my friends, and call schedules do not always align

Yes and no. I myself am bad at making time to stay in touch with friends, so I have spent less time on the phone or on Skype than I may have liked. However, most of my genuine friends from before remain close friends no matter how little I speak with them, and they are always there if I reach out a hand for support. I do find that I miss seeing friends and family in person a LOT being so far away from everyone. I am limited not just by time but also finances.

What is the social life like in your residency

Not good -- my program does not regularly hold social events, and I often feel excluded from casual get-togethers

It's certainly different than some of the bigger cities in Canada, however I have found it definitely adequate. There are lots of young professionals with whom I have found a great connection.

Most of my social life involves participating in extra-curricular activities which I have found easily here (ie. team sports, choirs). There is a great pub-bar night life, though less concerts than I would like. I have found a great group of friends who loves to go out hiking, camping, exploring the province and also enjoys nights at each others' houses with potlucks, drinks, and laughter. It has been everything I needed.

I will acknowledge however that the dating circle is much more limited here, as I have heard countless times from friends.

Senior Resident 1

I've lost some friends, while only getting closer to my best ones. My family has been incredibly supportive as well. The biggest challenge was distance - I was only able to go back to see previous friends once every several months.

city?

It's difficult to find a social circle outside of the hospital, but residents from all programs are friendly and easy to hang out with.

SUPPORT and RESOURCES

Junior Resident 1, 2

Can you comment on the support from senior residents in your program?

Last year (in PGY1), senior residents were NOT supportive in the slightest; this year (PGY2) is better, but there is no proactive effort from seniors to make juniors feel more welcome. Our program has no formal mentorship, and the informal mentorship that does happen is entirely dependent on residents to make the effort (in short, it sucks).

Senior residents in my program are absolutely supportive. I have felt very welcomed not just by residents, but all the staff and support workers involved in my residency program. There is no formal mentorship program in place, however, most residents I know (myself included) have easily connected with one or more staff with whom they have developed a mentor relationship. The staff are so approachable that it is easy to just ask someone to chat.

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Most of them were supportive. We have no formal mentorship program, but seniors here are very approachable and always glad to help out.

SUPPORT and RESOURCES

Junior Resident 1, 2

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available

Yes, Student Health Centre has counselling. Scheduling is not always easy, but is possible.

Our program administrator and director are great at offering support, as are numerous staff who frequently 'check in' with you. I am aware of faculty mentors within the school in the case of more formal counselling being needed, as well as supports available in the community or through the NLMA.

Can you comment on the faculty supports Program is supportive of parental leave, but Provincial Resident Contract is not (no top-ups to EI)

Our program has been very supportive of maternity leave, changing block schedules around to accommodate injury or illness, time off, and transitioning programs. Due to the size of the program, this has occasionally had an impact on the burden of call required for residents in the case of a 'perfect storm' of people unable to do call in a certain month, but there have been changes made to the master schedule to try and prevent this in future.

Senior Resident 1

resources at your school?

Yes, though i have not needed to make use of them. Fellow residents are always supportive here.

for accommodations?

I have not needed to make use of this, but they are usually accommodating.

19

“Forward is forward”

– Anonymous turtle

PHYSICAL MEDICINE & REHABILITATION

WORDS OF WISDOM

Senior Resident 1

Choose the specialty based on your personality traits, and how you want to live your life. Try not to choose one based on what you "hope it will be like in the future". Your life is everyday, including today.

PROGRAM

How satisfied are you with your current specialty?

Extremely satisfied, so thankful that I had the insight to choose PM&R as a medical student.

Were you surprised about any aspects of your residency?

No, PM&R is very honest, open, and mutually respectful specialty. The only surprise is how little some other physicians know about our type of work.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No adjusting was very easy. The most difficult adjustment was switching between off service rotations that are required in the first 18 months.

HEALTH and LIFESTYLE

How has your lifestyle changed relative to clerkship?

Residency has been more uplifting than medical school, allowing stronger connection with PM&R faculty, and relationship building with department administrators, nurses, and support staff.

Compared to medical school, how has residency and your specific location affected your mental health?

My life is better! I am paid for working at night time (if required) and we always receive post call days. We have great health plans with PAIRS in Saskatchewan, and we have a strong employment contract with the University to protect our work environment.

HEALTH and LIFESTYLE

Senior Resident 1

Do you have time for exercise and meal preparation, respectively?

Not daily, studying takes away from that. But organized exercise 2-3 times per week is possible, along with a few social occasions with family and friends.

As a senior resident I am only on my specialty rotations. This allows me time to buy healthy food and prepare them, though I have a partner who also helps. Watching YouTube has helped make simple dishes that are not too many ingredients or take too long to make.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekday is 8 - 5 pm, weekend is usually for exercising, social, cooking, studying or travel for conference or meetings.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Be honest with your partner about what you think the expectations are in your upcoming specialty. Make a plan for the tough times, and update that plan as you get more experience. Spend quality time (not always quantity) with your spouse that does not involve medicine. Lean on your spouse when necessary, and tell them you had a hard day. Include them in your world (if they are not in medicine) such as drinks after work, or social events that may include support staff. Speak about your partner to colleagues, and ask about their spouses.

HEALTH and LIFESTYLE

Senior Resident 1

Have you been able to maintain your past
dency? What are the biggest challenges?

No, many of my friends are in medicine them-
selves. Staying connected via social media helps.
Sending birthday greetings or notes about memo-
ries is possible. It is disappointing that some
friendships cannot stand the test of time without
significant social time together. This is probably
the hardest part, losing touch with friends while
you are immersed in such a time sucking profes-
sion. I don't know the answer to this, but small
conversations and notes do make a difference.

What is the social life like in your residency

It's great! But this depends on your network of
family and friends where you live, not really the
location you live in. Keep this in mind when choos-
ing a match location. You will meet people wher-
ever you go, but you may not have time to spend
with them in the beginning. The support of family
and friends goes a long way in the first couple
years of residency during the brunt of service
based learning.

SUPPORT and RESOURCES

Are there appropriate supports available for you when you feel burnt out and do you find
them accessible? What are the available resources at your school?

Supports for me have been friends, family and my
spouse. Some faculty are open to discussing the
specific stressors of residency, and this has been
very helpful. My advice would be to find these
sort of mentors early so you can celebrate the
good times, but also discuss and hard times.

Can you comment on the faculty supports for accommodations?

No experience myself, but I have seen colleagues
well supported for paternity leave and leave of ab-
sence.

social support network since beginning resi-

city?

SUPPORT and RESOURCES

Senior Resident 1

How are you doing financially? What are some ways you are coping with any financial issues?

Making a budget, using the LOC when necessary for fun things (there will always be a wedding in a far off place), and trying not to live above your means (but allow yourself some simple pleasures). Clothes, cars, jewelry, liquor, etc. will come in time, for now live simply. Don't buy into the appearance of what a 'doctor' should appear to be, it won't matter in the end. Live well, buy good food, and use your brain when traveling to avoid expensive hotels and fees.

PROGRAM

Senior Resident 1

How satisfied are you with your current specialty?

Very satisfied.

Were you surprised about any aspects of your residency?

No.

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

I didn't have an overly difficult time adjusting. I moved to a new province so it takes a bit of time to establish a circle of support and friends.

HEALTH and LIFESTYLE

How has your lifestyle changed relative to clerkship?

Time requirements for residency have been a bit higher than they were in clerkship so I have to be careful to plan to get to do all of the things that are important to me. I don't feel I am missing any important aspects, it just takes a bit more planning.

Compared to medical school, how has residency and your specific location affected your mental health?

Choosing a residency program that is supportive of work-life balance has been huge. I haven't had any major issues with my mental health/stress levels/coping compared to medical school.

Do you have time for exercise and meal preparation, respectively?

Yes. I exercise 3-5 times per week, but have time to exercise most days.

I prepare my meals almost all of the time. I prepare 2 meals/day most days and have home-made pre-prepared lunches in the freezer.

HEALTH and LIFESTYLE

Senior Resident 1

How often for you find time on weekends for yourself? What are your typical weekday hours like?

I find time for myself most, if not all weekends.
Typical weekdays vary from 6 to 12 hour days
Mon to Fri, with an average of 8-10 hours/day.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

For the most part. The majority of my main social supports are in another province which can be challenging. I have a great social network available on the phone/text/email, but it's much less often I get to see them in person.

What is the social life like in your residency city?

Lots of variety of day and evening activities.
Events tend to start and end early.

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Our program is small, and senior residents (as well as recent graduates) are very supportive towards the junior residents. We don't have a formal mentorship program among the residents,

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

There are appropriate supports. I haven't needed to access available resources.

Can you comment on the faculty supports for accommodations?

Faculty have been very supportive of other residents in my program taking maternity and paternity leaves, as well as leaves of absence for medical reasons or family emergencies.

How are you doing financially? What are some ways you are coping with any financial issues?

I still have a significant amount owing on my line of credit. Overall things are stable and I am comfortable with where things are for me financially.

20

“If life gives you lemons, a simple operation can give you melons”

– Unknown

PLASTIC SURGERY

WORDS OF WISDOM

Junior Resident 1

PROGRAM

How satisfied are you with your current specialty?

Very satisfied.

Were you surprised about any aspects of your residency?

I had a decent understanding of the type of exposure I would have.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No, the support from the staff and co-workers has been exceptional

HEALTH and LIFESTYLE

How has your lifestyle changed relative to clerkship?

I have had to sacrifice a great deal of leisure activities.

Compared to medical school, how has residency and your specific location affected your mental health?

Despite the increase in responsibility, I've found myself more capable of handling things at this stage in life. Thus, there hasn't been much change.

Junior Resident 2

Find a specialty that even the bread and butter seem great. Anything can seem interesting for 2 weeks. Find a team that you fit with. it's going to be a log 2-5 years if you don't like the people you're surrounded by.

Very very satisfied!

The things like online modules for various groups outside and around reviewing for cases and seminars.

So far the adjustment has been what I expected. But prior to starting I talked as much as possible with resident friends as well as co-residents in my program to have a good idea of what it would entail. The hardest has been maintaining a long distance relationship with my partner

Relatively little change. More call.

My mental health is better now than it was during my fourth year

HEALTH and LIFESTYLE

Senior Resident 1

Do you have time for exercise and meal preparation, respectively?

I do not have the time for that.

I buy meals and eat out often, as preparing them at home is time consuming.

How often do you find time on weekends for yourself? What are your typical weekday hours like?

If I am not on call, I honestly do find enough time to enjoy the weekend. Typical weekdays end around 6 PM.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

To stay connected and communicate when possible, but also be realistic in your expectations that things will change and probably not for the better.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

No, but my social support has simply changed to include those I work with and see regularly now.

What is the social life like in your residency city?

Can't complain, there are places to go and things to do.

Senior Resident 2

This is something I am actively working on, I walk 2-4km per day to and from the hospital, but I aim to go to the gym 2x/week

I prepare all of my meals during the week. I typically eat one meal out per week on the weekends.

I make time for myself/partner/friends on the weekends, typically in the evening. The weekday hours depend on which rotation I'm on.

I'm in a long distance relationship and that takes effort. You don't have the luxury of seeing your person every day, or even every week. But you find ways that work for you. It can feel really lonely at times. I believe that you can incorporate all of the things that are important to you during residency, you just have to make them a priority and make an effort.

I moved across the country so maintaining friendships from medical school is more difficult. I've found making friends, the kind you want to spend time with outside the hospital has been difficult as everyone is so busy.

Great! Halifax is awesome. Young and lots of stuff to do. Tons of restaurants to choose from.

SUPPORT and RESOURCES

Senior Resident 1

Senior Resident 2

Can you comment on the support from senior residents, and the mentorship in your program?

Yes, they have been very supportive, especially considering we do buddy calls for first year.

Absolutely. They are great. Mentorship is a big part of our program.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I believe so, though I haven't utilized any thus far. The staff are always supportive in that regards however.

Dalhousie sent us information about help services. It's also easily google-able

Can you comment on the faculty supports for accommodations?

I haven't needed much of these aspects, but one day a family member was ill and the staff let me off early without any issues.

I think it's fairly straightforward, I have a program director who's focus is what's best for us so I don't foresee any issues should I need to take time off for instance.

How are you doing financially? What are some ways you are coping with any financial issues?

I'm doing well. One way of coping is to have a savings account which should not be utilized unless in emergency.

Financially it's hard. I live alone currently. I still have to pull from my line of credit occasionally. I minimize spending as much as I can.

21

“There are two kinds of people in the world - the diagnosed and undiagnosed”

– *Unknown*

PSYCHIATRY

WORDS OF WISDOM

Junior Resident 1

At the end of the day; a job will be a job. Maybe in 3 years, maybe in 10 years, it will be difficult to want to go to work. Choose a profession that you not only like, but that will allow you to have a robust personal life. Because in the end that's what will keep you healthy, and that's what you will fall back on. If you don't have time for a family, learning guitar, getting to travel India, etc, than consider another speciality that would allow that!

PROGRAM

How satisfied are you with your current specialty?

Very satisfied.

Were you surprised about any aspects of your residency?

I was surprised at the lack of appreciation by patients.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

No.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

I think my mental health has improved from medical school.

How has your lifestyle changed relative to clerkship?

I have more of a fixed schedule, which is much better.

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

4-5 days/week

At least 5-6 days/week

What advice would you give for incoming residents in a relationship, how has residency affected your relationship?

My relationship is good! we respect each others time and lack of time due to my residency or his job.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes i have. i have less time to travel back home to see family and friends, but i maintain weekly phone calls

What is the social life like in your residency city?

Good!

residents in a romantic relationship? If you affected your relationship?

social support network since beginning residency?



SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

It's very supportive. No formal mentoring.

⋮

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes there are.

⋮

Can you comment on the faculty supports for accommodations?

Very supportive.

⋮

How are you doing financially? What are some ways you are coping with any financial issues?

I'm broke, and this is stressful, but i utilize MD management.

⋮

WORDS OF WISDOM

Junior Resident 1, 2, 3

Don't come to Manitoba, worse decision of my life.

Find your clan. Don't pick according to an attend- ingship alone. Pick your residency, because these are important and formative years for you.

Choose a specialty that you love.

PROGRAM

How satisfied are you with your current specialty?

I'm not satisfied.

Very

Very

Were you surprised about any aspects of your residency?

The poor resident body and the bullying

Not especially.

No

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

Yes, the city and the bullying.

Nothing over above that which could be attrib- uted to adjusting to life as both a father and physi- cian.

Off service rotations.

Senior Resident 1

Choose psychiatry. Great work like balance



Very

Yes.

It was easy to adjust

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Senior Resident 1

Compared to medical school, how has residency and your specific location affected your mental health?

I'm much more cynical and angry

Less stress

The meaning and purpose balances out the stress

Improved

How has your lifestyle changed relative to clerkship?
It's worsened.

Less stress

More independence and responsibility. Better in many ways.

Less time for exercise

Do you have time for exercise and meal preparation, respectively?
No.
Buy my meals.

yes x 60 min
I always prepare breakfast. Lunch and Dinner I prepare half a week

On most days, yes. Approximately 1 hr x 4 sessions per week of moderate to high intensity exercise.

Both. About 70% are home prepared.

No, weekly
3x per week

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Senior Resident 1

How often for you find time on weekends for yourself? What are your typical weekday hours like?

6-6, good weekend time

9-6pm

Often. Weekday hours are quite reasonable. Home by 1730 or 1800 most of the time.

Work 50hrs... weekends, call is 1 in 4

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

You need two cars

I am not in a relationship currently

If it is with someone that builds you up, stick with it. I have been married for 7 years and if anything the experience has brought us closer together, even while acknowledging the commitment in terms of hours and mental energy. The partner should, if at all possible, be given full disclosure and a realistic idea of what day to day life will be like.

Have you been able to maintain your past dency? What are the biggest challenges?

social support network since beginning resi-

Yes but it's not easy, they won't understand your difficulties.

Not to my satisfaction. Biggest challenge being timing and scheduling.

Yes, It's easy to make friends through your program

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Senior Resident 1

What is the social life like in your residency city?

Poor

Vibrant.

Good cultural activities.

.....

SUPPORT and RESOURCES

Can you comment on the support from senior residents, and the mentorship in your program?

Some are, some are bullies

Yes.

In a word, yes. Though, there isn't much in terms of official and structured mentorship opportunities, which might be helpful.

Yes, we have buddy call for the first few months, allows us to meet senior residents

Are there appropriate supports available for them accessible? What are the available

you when you feel burnt out and do you find resources at your school?

Not really, everyone talks about everyone. Can't really trust anyone

Yes.

The resources exist, though not very widely advertised.

Yes, through phone office

.....

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Senior Resident 1

Can you comment on the faculty supports for accommodations?

Don't know yet

A little. One regret I have is not taking more time for my family when my child was born, and though I was duly presented with all options available to me, there wasn't much "encouragement" let's say of going with the leave option. That being said, I'm confident that if I were to have insisted on taking paternal leave, I would have been well accommodated.

Unsure.

How are you doing financially? What are some ways you are coping with any financial issues?

Using line of credit to make ends meet.

Doing well. Budgets, financial advisement, the occasional splurge.

I worked for a few years in Ireland before matching in Canada, so am alright. Try to be debt free.

WORDS OF WISDOM

Junior Resident 1

Pick a city you want to live in, and a program you think will be the most supportive.

PROGRAM

How satisfied are you with your current specialty?

I'm satisfied with my specialty choice.

Were you surprised about any aspects of your residency?

Uh, I was really surprised and not happy about having the five week block being neurology, which I find terrifying.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

I think I'm still adjusting. It's weird to all of a sudden be responsible for medications and decisions. I don't think this is London specific.

Senior Resident 1, 2

• Talk to the senior residents of the program- if they are unhappy, that is a big red flag.

• Talk to other residents and get an HONEST opinion, not the one on CaRMS day

• Love psychiatry in general.

• Not satisfied.

• Very disappointed with how unsupportive our department is.

• Ineffectiveness of treatments, lack of support from program

• My program is not supportive of residents/ responsive to resident needs and I have had a very hard time navigating that.

• Lack of support from program

HEALTH and LIFESTYLE

Junior Resident 1

Compared to medical school, how has residency and your specific location affected your mental health?

I'm away from home, and all my friends, which has been a little hard on my mental health. Overall residency has been a little less stressful in terms of time commitment than medical school, but call is a lot more stressful.

How has your lifestyle changed relative to

I lived at home, and I got fed a lot in clerkship. This no longer happens.

Do you have time for exercise and meal

Half of the time I'm lucky if I get out of the hospital before 6, and often it's more like 7. I don't have the energy to exercise, and I have lots of things to do at home like get dinner ready, get ready for the next day, and just mentally recover from the busy day.

I didn't cook prior to residency, so that hasn't really changed. My idea of cooking is putting a frozen pizza in the oven.

How often for you find time on weekends day hours like?

I actually find I have more time on the weekends, so far. My typical weekday hours depend on the rotation, but average out to about 0800 or 0830 to 1700 or 1900.

Senior Resident 1, 2

Unfortunately, I feel burnt out (a feeling a never experienced in medical school)

Much poorer mental health, increased stress

clerkship?

Lifestyle is largely unchanged

More stress

preparation, respectively?

Everyday

My husband makes them

No, 2-3/month (exercise)

for yourself? What are your typical week-

I am generally able to have some time on the weekend. Weekday hours are 9-5ish.

9-5 weekday, weekends on call 1/4 weekends

HEALTH and LIFESTYLE

Junior Resident 1

Senior Resident 1, 2

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

I'm crazy single, so I can't really comment.

Recently got married (we were together since first year medical school). He is my biggest support.

Make time, learn to communicate better

Have you been able to maintain your past dency? What are the biggest challenges?

social support network since beginning resi-

It's hard when my med school friends are all busy doing residency, too. I'm able to keep in touch well with my non-med friends.

Not too many challenges here

Time.

What is the social life like in your residency

city?

No idea, I'm kind of a hermit.

No concerns

Limited.

WORDS OF WISDOM

Junior Resident 1, 2, 3

It's a good program. It has ways to improve, but hopefully we are starting to get there. Halifax is a great city with lots to do.

Senior Resident 1

Pick what you love to do, not what pays the most and live in the city where your friends and family are - you'll need their support and understanding to get through residency!

PROGRAM

How satisfied are you with your current specialty?

Very satisfied

Satisfied

5/10. The program is not as supportive as was advertised, which is disappointing.

9/10

Were you surprised about any aspects of your residency?

No.

No.

As above. The program touted itself as receptive to residents needs with an emphasis on resident wellness. I am finding as time goes by, that the program is much more happy to keep the status quo and is less concerned with making the program better for residents. There is a lot of tension going on, which makes it an awkward learning environment.

No.

PROGRAM

Junior Resident 1, 2, 3

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

The most difficult adjustment was being in a new city, however my R1 year was quite conducive to making new friendships.

Mostly just not having a receptive program... as a resident I often worry about my level of understanding, my level of competence. It would be nice to feel comfortable discussing how I feel, to talk about whether that's normal, how I could improve on my skills, what others think. However, I don't feel comfortable doing that with anyone other than residents going through it with me, and it's really stressful.

No. The off service rotations have been more difficult to adjust to. On service has been great.

Senior Resident 1

new city, no social supports, long working hours



HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Senior Resident 1, 2, 3

Compared to medical school, how has residency and your specific location affected your mental health?

Residency has been better for my mental health (especially in R2), as I am doing what I signed up for and am most interested in

It's more independence and more practical time versus study time, so that's a great thing. I've also moved a bit, and have more space.. so I feel more like an adult. Overall, though, I definitely feel more stressed and less resilient. Things stress me out far more easily, and I don't sleep well anymore.

The stress is higher because the responsibility is higher. When I feel I have good support for issues beyond my comfort than I am not too stressed. When I feel the support is lacking, I have been quite stressed, though thankfully this has not

I felt isolated and alone and the hardest thing of all was not having any of my friends around me for support

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

How has your lifestyle changed relative to Better work hours compared to clerkship. Still able to maintain pre-existing interests, as well as explore new interests. Able to maintain healthy personal and work life balance.

It's about the same. I have more control over my time, but less time overall? If that makes sense.

It is fairly similar. When on busier rotations, I have less energy to exercise and keep up with hobbies, same as in clerkship.

Do you have time for exercise and meal

Have time to exercise daily, held back by laziness.

Generally prepare meals myself. Usually cook several dishes twice a week, and eat from leftovers till they're gone.

I used to exercise 1.5 hours a day, but there's definitely not much time for that now a days.

I sometimes buy lunch, but I enjoy cooking. Generally, I eat at home 6 days out of a week. Exceptions would be socially, and if something is being sponsored by the department.

I usually do, except for busier rotations when I do not have enough energy to leave my house again after I get home.

I probably prepare all but 1-2 meals per week.

Senior Resident 1

clerkship?

greater responsibilities and longer working hours

preparation, respectively?

I don't have time to exercise daily, I try to exercise 2 times per week but call schedule interferes with my ability to maintain a healthy life style (eat well, sleep well and exercise)

Mostly prepare my own meals - usually 5 days a week.

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

How often for you find time on weekends hours like?

I have pretty good time on weekends for myself - at least one if not both of the weekend days. My weekday hours are 8:30AM to 5:30PM at the longest, and usually closer to 9AM to 5PM.

Weekends are generally for me time. It's catch up for all the housework, laundry, pet time, significant other time that's happened during the week. Trying to catch up with all the commitments, prepping powerpoints and all that fun stuff for teaching stuff. Unless there's call. And then, well, nothing around the house gets done.

I find time for myself most weekends. Typical weekday house are ~10 hour shifts not counting call.

What advice would you give for incoming are in a relationship, how has residency af-

Prioritize accordingly. If your romantic relationship is important to you, make time for it. Residency has not adversely affected my romantic relationship, partially because my S.O. is also a resident and so we understand each other's schedules. We do make time for each other, however.

I see my fiancée. We eat supper, watch a show, and then go to bed. It's not great. I wouldn't know. Not in a relationship starting in residency and haven't had to time to pursue one

Try and schedule in time for each other, and make sure that your partner understands the responsibilities of residency and that availability will be mixed, especially during busier rotations. Hopefully the relationship can deal with a lot of required independence.

Senior Resident 1

for yourself? What are your typical weekday

I find time on weekends for myself whenever I am not on call so 3 out of 4 weekends. My typical weekday hours are usually 8:30am-5pm.

residents in a romantic relationship? If you affected your relationship?

Have a serious and realistic conversation with your partner about the demands of residency, both in terms of time, but also in terms of psychological, physical and emotional demands and hope that by communicating with each other, the relationship can be a healthy one.

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Senior Resident 1

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I maintain my oldest friends via long distance - calls q1-2 months, Fb messages, etc. Biggest challenges are making the time.

No. When I get time off, I want to spend it with my fiancée, dog, or getting chores done. I don't have time for anything else.

Yes. Making sure to call people and stay in touch can be hard though.

My friends reside in a different city so it has been very difficult to maintain my social network of friends.

What is the social life like in your residency city?

Lots of resident activities available through Mar-Docs. Also lots of sports groups (e.g. dance, climbing, rec sports, team sports) if that is something you have as part of your life or are interested in trying

It seems pretty good. A lot of drinking stuff, and I'm too old for that now.

I have grown up in the same city so I still have some friends around to see for social occasions.

Halifax is a small city with a fair choice of restaurants and places to go out.

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Senior residents are very supportive. Mentors are available, and encouraged. It depends on if you find someone who inspires you; and then usually that person will make the time to help mentor you

Senior residents tend to be supportive and are great at sharing their experiences during the residency.

Yeah they're pretty supportive. It's a lot of the "it was this way and we got through it" sort of thing though, they're not fans of positive change (for the most part).

They are very supportive and available.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Have not needed to seek these yet, but they are available. EAP through MarDocs, and Dalhousie has counselling services available. Lastly, there are physicians who specialize in physician care.

Some resources are available through the union, but this type of resource is not easily accessible and it's hard to find time away from work to attend any necessary appointments.

I have no idea what they are. Too tired to look them up, mostly.

I would speak with people in my program is that were the case but I know things do exist. Our program tries to encourage open communication.

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Senior Resident 1

Can you comment on the faculty supports for accommodations?

Unable to comment - have not needed to access these. Have had seniors who say mat/pat leave are fine. Have had seniors who have had leave of absence and returned, but have not asked them around details.

No clue.

I have not needed to do this.

N/A

How are you doing financially? What are some ways you are coping with any financial issues?

Paying down my medical school debts. Still living medical student/university student lifestyle. Very good to see debt going down.

I'm getting through, but it's just awful most days.

I am not really paying down my debts, but I am managing comfortably without significantly increasing my debt load.

It's difficult to maintain a reasonable lifestyle and try to paid down school debt. My focus is on not accumulating any additional debt while in residency.

WORDS OF WISDOM

Junior Resident 1, 2, 3

Do what you love - because you're going to be doing an awful lot of it.

Make sure you are happy where you live and get along with staff. CaRMS interviews are important for this! Explore the city as much as you can, and ask residents in the program about your priorities.

PROGRAM

How satisfied are you with your current specialty?

Very satisfied

Very.

Very satisfied

Were you surprised about any aspects of your residency?

Nope.

I was surprised at how draining the specialty can be. I work less hours and do less call than when I was in R1, yet I am significantly more tired at the end of the day. It also takes longer to recuperate from difficult days, such as being on call.

Senior Resident 1, 2, 3

Think about what you love to do. Consider interest in the area and lifestyle. Make sure you like the area to which you are applying - you have to be there for 5 years. This, don't rank programs where you won't be happy.

I think you have to look at what's important to you. Our school doesn't have a lot of research, so if that's something you need to be happy, MUN wouldn't be a great choice for you. If you need a lot of family support around you, consider that and how easy it will be to travel. And remember, you're not locked into anything. If you get in it and you're not happy, there's an opportunity to switch.

Be near the people who can provide support to you.

Very satisfied

Fairly

Very satisfied with the specialty, extremely unsatisfied with the health care systems

No.

No.

No.

PROGRAM

Junior Resident 1, 2, 3

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

Nope.

responsibility / accountability

I absolutely love the location. I found it difficult to adjust to the relationship with most staff. Very supportive, yet do not include us in staff events, and minimally participate in resident events. It is hard to make that coworker connection.

Senior Resident 1, 2, 3

- More responsibility, call demands
- Sometimes we see a lot of non psychiatric issues (particularly on call) that could be handled by social work and I find this very frustrating.
- Politics of health care systems

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Much improved

Increased emotional stress, but not to an extreme degree

My mental health is significantly better in residency and in this location, yet I am more exhausted.

- Improved with more senior years
- No change.
- In residency I took on a lot more of a leadership role, thus added stress due to that negatively affected my mental health. Otherwise I would say I have more time for work life balance since starting psychiatry full time.

How has your lifestyle changed relative to clerkship?

If anything I have more time to pursue hobbies and spend time with friends, and exercise more too

R1 year requires less studying - more free time. Paycheck makes a big difference even psychologically.

More time for social interaction, more respect and recognition from the treating team. Less time to exercise. Much more difficult to eat a balanced diet, due to unpredictable schedules.

- Improved.
- No change.
- I have had children since clerkship thus drastically

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

Do you have time for exercise and meal preparation, respectively?

4 times per week

12 times per week on average

once / week at best

50%

No. Rarely. I go outside and on hikes at every chance I get. I walk when it is nice out. I have good intentions, but am exhausted at the end of the day.

I buy lunches. I make breakfasts and suppers. Go out for supper once a week and special occasions. Make my own snacks.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

I find time for myself at least 3 weekends per month. Weekdays are 9-5

Very often on weekends (or at least time with my family). weekday hours: 8:30 to 5:00, unless on-call. Then possibly 24hr shifts.

Weekdays : averages out to 8 hour days 5 days a week. 24h call 2-3 times a month. Lots of studying on weekends. It varies.

What is the social life like in your residency

I'm in my 30's, so pretty introverted, with many old friends

Great, if you're at least a little bit proactive.

Very good

Senior Resident 1, 2, 3

• Yes I exercise almost daily
• Prepare meals about 5 days per week

• I do have time
• Both.

• I have time yes, I do not always choose to use that time efficiently
• prepare. 3 days per week.

• Often. When not on call - 830-430

• We have a low call burden so I think our life balance is actually very good. Weekday hours would be 8-4 or 9-5, at times finishing early. On most rotations, I would work one weekend call/month.

• 830-430 weekdays. Weekends are for my children and family.

• city?

• Overall good and balanced

• It's fun. I think you will find things to do no matter what you like. We have a ton of outdoor activities.
• We have a really good bar scene. I think it's good.

• Great!

HEALTH and LIFESTYLE

Junior Resident 1, 2, 3

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Get the pre-nup. No ladies, no trouble for me.

If you are sacrificing personal relationships for work, you should also be prepared to sacrifice work for your personal relationships.

My husband was able to complete his PhD in NL by distance. My relationship is significantly better. Advice: set time aside for quality time with no phones or computers. Go outside together.

Senior Resident 1, 2, 3

It's challenging. Need to prioritize well. Communication is very important. Plan time together - quality more important than quantity

It hasn't really

I think it is important for ppl to be prepared that as you advance in your career, there are always new stresses (work, finances, children, etc) and that we need to be prepared to be patient with our life partners in order to navigate those stresses. I would suggest taking time weekly for your partner. If things are going poorly, take a look at yourself and your own health before blaming the other person.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I have maintained my previous social support networks - I haven't moved

Yes. But study partners are now spread across the country.

I made friends easily here. I have lived in 4 different provinces and it was very easy to create friendships. My family is supportive. My partner is here with me. Challenges were finding a social group for my husband. He rented a freelance office and joined some interest groups and it went well.

Yes. Time is biggest challenge

Yes. I went to med school at MUN however and a lot of my friends stayed here which was really nice.

I do still communicate with my closest friends regularly. However, since having children I am unable to see them as much as I want to, or rarely ever.

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Can you comment on the support from senior residents, and the mentorship in your program?

Senior residents are supportive - good mentorship and teaching

Seniors are more than willing. No formal mentorship program exists, and its not actually needed.

Very supportive!!!!

Senior Resident 1, 2, 3

• We have an excellent mentorship program. We
• are paired with a faculty advisor and also we have
• mentor groups with about 2 attending and 5 residents that meet throughout the year. We do social activities, discuss education and wellness.

• Some are and some aren't. I honestly don't think
• that you can generalize this as a school thing. It
• will vary year to year depending on the group of
• residents.

• yes. They always were, I am now senior and we
• provide informal mentoring within the resident
• group. We also have faculty mentors and a mentor group assigned to us by our program.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes. I felt burnt out during clerkship, not during residency. The wellness office helps.

I don't know. I depend on my family.

For short term follow up yes. Long term is more difficult concerning mental health. Our programs atmosphere supports mental health. Other programs, not so much. Drug coverage for certain medications could be better. I.E. psychiatry meds.

• Yes.

• We do have resources available. Our program director is incredibly supportive. When I considered not progressing in psychiatry, my program supported me changing my schedule around for upcoming rotations to allow me to explore other opportunities. Our PGME website has a full list of services available. We have EAPs as well.

• Yes. We have physician counsellors available. We
• have access to Employee Assistance. We also
• have very quick access to counseling and support through our local medical union.

SUPPORT and RESOURCES

Junior Resident 1, 2, 3

Senior Resident 1, 2, 3

Can you comment on the faculty supports for accommodations?

I can't comment from a personal point of view, but there is great support for maternity leave, etc.

Our program is extremely accommodating.

It largely depends on the staff. Our program is very accommodating

Very supportive

How are you doing financially? What are some ways you are coping with any financial issues?

Doing great financially. Being an old fashioned fuddy-duddy, I do terrible things like not take \$10,000+ vacations, and such other draconian measures, like living within my means. I always make my interest payments on my loan, and paid down \$10,000 on the principal of my debt 6 months into residency.

We're doing fine, but I'm a mature student with no debt.

I have a six figure debt and lots of expensive related to my studies and health issues. Our call stipends are quite low, yet salary is comparable. I made a budget. Lots of pressure to become staff in order to face the debt.

Lots of debt.

I'm doing okay. I like to travel a lot so I supplement my income with locums in another specialty and my program has been very supportive of that as well.

Not good. To be honest, this PGY5 year is extremely financially challenging, and to cope I will likely have to borrow more money.

22

“The greatest medicine of all is to teach people how not to need it”

– Hippocrates

PUBLIC HEALTH

WORDS OF WISDOM

Senior Resident 1

Balance doing what you love with your goal life-style. I do see burnout in my colleagues that chose more demanding specialties, but it's also not worth picking a specialty you don't love, since it is difficult to switch.

PROGRAM

How satisfied are you with your current specialty?

Very satisfied.

Were you surprised about any aspects of your residency?

Incredible amount of flexibility in training and career opportunities.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Public health life is very good.

HEALTH and LIFESTYLE

How has your lifestyle changed relative to clerkship?

Much better with predictable schedules that allow for sleep, healthy eating and exercise.

Compared to medical school, how has residency and your specific location affected your mental health?

Much better, low stress environments.

Do you have time for exercise and meal preparation, respectively?

Yes.

Almost daily.

HEALTH and LIFESTYLE

Senior Resident 1

How often for you find time on weekends for yourself? What are your typical weekday hours like?

On senior core rotations we take one week of home call per month, so one weekend working. It works out to ~13 weekends over 3 years, which is probably the least of any 5-year program.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

PHPM is probably the easiest lifestyle specialty.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Yes, no challenges beyond not scheduling things for when you're on call.

What is the social life like in your residency city?

Depends on your social circle! Calgary has many good restaurants and outdoor activities.

Can you comment on the support from senior residents, and the mentorship in your program?

Everyone is very nice in public health.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

The program director is very understanding, though burnout is not typically an issue in PHPM.

Can you comment on the faculty supports for accommodations?

Very accommodating.

WORDS OF WISDOM

Junior Resident 1

PROGRAM

How satisfied are you with your current specialty?

Satisfied.

Were you surprised about any aspects of your residency?

Addictions, developmental and social pediatrics.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Balancing studying with rotation and on call days.

HEALTH and LIFESTYLE

How has your lifestyle changed relative to clerkship?

More efficient during the day on rotation, leaves some time in the evenings for wellness.

Compared to medical school, how has residency and your specific location affected your mental health?

Improved.

Senior Resident 1

Be sure the program/location you are going to has an excellent transfer policy because it is impossible for 100% of medical students to choose right on the first try. Give yourself a good safety net in case it does not work out.

Very. Best job ever.

Access to higher level issues/subjects often earlier in training than in other centers (if you go after them). Residency well designed to build a network quite early.

Location was a huge challenge - Saskatoon is friendly, but often locals are not adjusted to taking in an outsider into existing friend groups - so you find yourself in an "ex-pat" social network that is external to the full social network that you navigate through.

Busier, but often more balanced (just more time to find balance even with the added work expect-

Felt far less supported by PGME overall at the U of S than I did by my undergrad UGME. Very poor follow through on many important issues.

HEALTH and LIFESTYLE

Junior Resident 1

Do you have time for exercise and meal preparation, respectively?

No. Approximately 4 times per week.

Often buy meals. Probably 3 times per week I will prepare/cook.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Fair amount of "me" time on the weekend to spend with family and friends.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Plan ahead ways to mitigate potential challenges.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Distance is the biggest challenge.

Poorly given the distance from my previous sites and that those from my past cannot relate to my current circumstances.

What is the social life like in your residency city?

Below average simply because it is not a major city in Canada. Limited concerts, events in town.

Great - best music scene in the country, great festivals and city events and so many coffee shops and restaurants that exist and are popping up that you cannot keep up. Young and happening people have taken over.

SUPPORT and RESOURCES

Junior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Seniors are generally supportive. There is a new mentorship program as of this year, so I am unable to comment currently.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes we have a wellness coordinator.

Can you comment on the faculty supports for accommodations?

How are you doing financially? What are some ways you are coping with any financial issues?

Making loan payments is my biggest financial stress. I try to save on excess needs (fancy dinners, clothes, jewelry).

Senior Resident 1

Mentorship is growing in the program, but not where I would like it to be. The program is working with us to make it happen.

Great staff. There is a new official person for Resident Wellness, but I have not tested their accessibility or their value.

Changing specialty is basically not an option at the U of S (circumstances are extremely limited).

Decent maternity leave, weak paternity leave.

Little to no understanding of what it is like to have to meet travel and distributed responsibilities as a single person with dependent/dependents (pet, children) from PGME, but great support within the program.

Broke due to the fact we have to pay out of pocket when we go to distributed sites out front and do not get paid back until months after the rotations ends (e.g. resulting in 3-5 months of paying double rent).

23

“The greatest medicine of all is to teach people how not to need it”

– Hippocrates

**PUBLIC HEALTH & PREVENTATIVE
MEDICINE INCL. FAMILY MEDICINE**

WORDS OF WISDOM

Senior Resident 1

Go somewhere with friends.

PROGRAM

How satisfied are you with your current specialty?

Very satisfied.

Were you surprised about any aspects of your residency?

No.

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

No, it's great.

HEALTH and LIFESTYLE

How has your lifestyle changed relative to clerkship?

I spend more money.

Compared to medical school, how has residency and your specific location affected your mental health?

Less exams has improved my mental health.

Do you have time for exercise and meal preparation, respectively?

Twice a week.

Buy frozen.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Weekends are mostly free. Weekdays I work 9:00-4:00

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Find a partner who is also busy.

HEALTH and LIFESTYLE

Senior Resident 1

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

I go home to my parents twice a week.

What is the social life like in your residency city?

Great.

SUPPORT and RESOURCES

Can you comment on the support from senior residents, and the mentorship in your program?

Very supportive.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

Yes. Through the university, PARIM, and Doctors Manitoba.

How are you doing financially? What are some ways you are coping with any financial issues?

It's great having an income.

24

“I’m radioactive, radioactive”

– *Imagine Dragons*

RADIATION ONCOLOGY

PROGRAM

Senior Resident 1

How satisfied are you with your current specialty?

Satisfied.

Were you surprised about any aspects of your residency?

Many surgical off service rotations. Broad research engagement and opportunities

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

Adjusting to resident responsibilities and lifestyle in off service rotations were most challenging. No major challenges after returning on service.

HEALTH and LIFESTYLE

How has your lifestyle changed relative to clerkship?

Busier. More clinical, research and teaching duties.

Compared to medical school, how has residency and your specific location affected your mental health?

No change. First year and off service rotations were a temporary negative influence.

Do you have time for exercise and meal preparation, respectively?

Yes.

Buy lunch most of the time. I cook a large batch weekly for dinners.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Low call responsibility due to medium-sized program (1 weekend call/2 months). Weekday hours on service 8:30-4:30.

HEALTH and LIFESTYLE

Senior Resident 1

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Off service rotations will be difficult but it's a temporary stress.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Friends in residency programs across the country has been the biggest challenge.

What is the social life like in your residency city?

Very lively due to large university.

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Very positive and supportive program. There is assigned mandatory staff mentorship or alternative staff are all very approachable.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

I think so but haven't thought about accessing them.

Can you comment on the faculty supports for accommodations?

Very accessible and approachable.

How are you doing financially? What are some ways you are coping with any financial issues?

No financial issues.

PROGRAM

Senior Resident 1

How satisfied are you with your current specialty?

OK.

Were you surprised about any aspects of your residency?

Clinical expectations.

Did you have a hard time adjusting to your life as a resident in your specific program/ location? What was most difficult to adjust to?

Somewhat. Amount of information was the most difficult to adjust to.

HEALTH and LIFESTYLE

Compared to medical school, how has residency and your specific location affected your mental health?

Better.

Do you have time for meal preparation?

Yes.

How often for you find time on weekends for yourself? What are your typical weekday hours like?

Frequently. 8-6.

Have you been able to maintain your past social support network since beginning residency? What are the biggest challenges?

Time has been the biggest challenge.

What is the social life like in your residency city?

OK.

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Senior residents are supportive.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

They are okay.

Can you comment on the faculty supports for accommodations?

They are okay.

How are you doing financially? What are some ways you are coping with any financial issues?

Doing well financially.

25

“Urine good hands”

– Punny urologist

UROLOGY

WORDS OF WISDOM

Junior Resident 1

If you can do anything other than surgery, do it.

Pick the school based off who your co-residents would be, they're more important than how "cool" the city is or even the prestige of the program.

PROGRAM

How satisfied are you with your current specialty?

Quite satisfied.

Were you surprised about any aspects of your residency?

Call is busier than I expected.

Did you have a hard time adjusting to your life as a resident in your specific program/location? What was most difficult to adjust to?

The most difficult thing to adjust to was working so many hours.

HEALTH and LIFESTYLE

How has your lifestyle changed relative to clerkship?

Clerkship is a joke compared to residency.

Compared to medical school, how has residency and your specific location affected your mental health?

I'm tired a lot of the time - it's had a mildly negative impact on my mental health but nothing a long weekend off wouldn't solve.

Do you have time for exercise and meal preparation, respectively?

No. I exercise about 2x per week when on service

Most meals I prepare myself - probably buy lunch 1x/week, go out for dinner or get take out 2x/week.

HEALTH and LIFESTYLE

Senior Resident 1

How often for you find time on weekends for yourself? What are your typical weekday hours like?

When I'm not on call then I try to spend most of my weekend time NOT doing work/research/studying.

What advice would you give for incoming residents in a romantic relationship? If you are in a relationship, how has residency affected your relationship?

Hopefully your partner is flexible as your schedule won't be.

Have you been able to maintain your past social support network since beginning residency?

Sort of.

What is the social life like in your residency city?

It's great.

SUPPORT and RESOURCES

Senior Resident 1

Can you comment on the support from senior residents, and the mentorship in your program?

Yes very supportive, I don't know how I could get through the program without them and the mentorship they provide.

Are there appropriate supports available for you when you feel burnt out and do you find them accessible? What are the available resources at your school?

There are but I think what would be even better would be to be able to take a day off with only a couple weeks notice. It's great we get vacation time allotted but we're supposed to book it off 3 months in advance - I'm have no way of knowing if I'm going to feel burnt out 3 months in the future.

Can you comment on the faculty supports for accommodations?

Can't comment, they'd probably be fine with - it we have excellent staff.

How are you doing financially? What are some ways you are coping with any financial issues?

Met with MD Financial and they put me on track so I don't feel like I'm drowning anymore.