

The surgeon looked me straight in the eye and said "I'm _____" in a mocking tone.



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After a long call shift, I'm _____.



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Ever since I started residency, my nightmares consist of _____.



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I had all these goals and dreams, now I'm _____.



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Who do you think I am? I don't have time for _____.



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I smile alot to hide the fact that I am _____.



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I cry a little every night because I'm _____.



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I'm not depressed, I'm just _____.



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After we got lectured on work-life balance, I thought about _____.



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The hospital cafeteria is serving _____ for lunch today.



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“I think my resident is _____” said the attending.



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Define “Resident Wellness”



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If I hold my bladder any longer, I’m going to start _____.



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completely useless

More than 7 in 10 residents reported that they felt diminished by others during their residency. Verbal abuse was the most predominant form.



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throwing a tantrum like a toddler that didn’t get a cookie



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swallowing a handful of SSRIs

28% of residents experience a major depressive episode during training versus 7–8% of similarly aged individuals.



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a sad looking limp salad covered in E.coli



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randomly clicking through the endless list of surveys



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burnt the fuck out

Causes of burnout include workload, lack of autonomy, work-home conflict, etc.



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stocking up on propofol

The PFSP provides **confidential** support for personal health issues, including substance misuse and addiction.

1.877.SOS.4MDS
(767.4637)



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so jaded that I don't even care that I've become so jaded

Take a vacation! We are entitled to 20 paid days of vacation per year.



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teetering on the edge of divorce

The PFSP provides **confidential** support for family and relationship issues.

1.877.SOS.4MDS
(767.4637)



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being forced to participate in "wellness" events when all I want to do is go home and see my family



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regretting this career choice

Talk to family, friends, mentors and the Resident Wellness Team. Email us to set up a confidential meeting to discuss and explore your options.



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envious of nurses, they actually get to spend time with the patients



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accidentally killing the patient

Everyone on the team feels the same awful way. This is why debriefing as a team is so important and helps to improve future patient outcomes.



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cheating on the reflective writing task

It may seem like a waste of time but, reflective writing can help enhance critical thinking and clinical reasoning skills.



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trying to ignore an itchy butt-hole



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blaming the smell on the patient

Don't be embarrassed, flatulence is celebrated in general surgery.



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basic human necessities

We all need food, shelter and clothing to survive but, we also need sleep, healthcare, safety, love, belonging, personal fulfillment, self-esteem, etc.



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dealing with an unplanned pregnancy

There are lots of resources: Your GP, family, friends, the PARA agreement, Resident Wellness Team and PFSP (1.877.SOS.4MDS).



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living the 'life'



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trying to act cool after touching something unsterile



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purposely writing illegibly to avoid having to spell certain medications



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in charge of draining all the pilonidal abscesses



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a giant ball of tapeworms or spaghetti, not too sure



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re-introducing myself to my children

Residency is important but so is your family. Need help balancing residency and life? Speak to the Resident Wellness Team.



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scrubbing again for the third time



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a 'real' doctor

Impostor syndrome is the fear that others will discover you are not as smart, capable, or creative as they think you are. Remember, you deserve your MD!



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having a tantrum like a little toddler who didn't get a cookie



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**throwing shit
around like
that monkey
on youtube
that was
throwing shit
around**



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**trying to
figure out how
to make my
death appear
accidental**

Please see your
doctor or call PFSP:
1.877.767.4637
Help is available.



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**looking into
transferring
residency
programs**


Speak to the Resident
Wellness Team to
discuss your options.
It's completely
confidential.



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**answering my
pager with a
fake accent**



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**ordering
neurovitals on
every patient**



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**greeting
everyone with
a fake smile**



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**a slice of
burnt toast**

About one third of
Canadian doctors
are burned out or
depressed.



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**forced to
work every
weekend this
month**

You cannot be
scheduled to work
more than 2 out of
4 weekends (see the
PARA Agreement).



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**so depressed,
like that sad
little donkey**

Feeling depressed?
Speak to your GP.
Remember, your
health comes first.
Make use of your
flex days and if
needed, sick leaves.



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**smiling but
actually crying
on the inside**

Unaddressed mental
health conditions
can negatively
impact a physician's
professional
reputation and
practice.



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**kicking myself
for forgetting
to allocate my
flexible
spending
account (FSA)**

The deadline is
every year in June.



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**washing my
hands until
they crack
and bleed**



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**reporting the
dirty needle
stuck in my
hand**

For sharp injuries,
or blood/body fluid
Exposure (BBFE),
flush immediately.
Call 403-234-7799
to report.



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**so tired, I'm
unable to
focus my eyes**

For the safety of
your patient and
yourself, tell your
team or attending.
Go to a call room
and sleep.



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**stuck teaching
med students**

Be nice. Treat them
with respect and
remember what it
was like to be in
their shoes.
Teaching is an
important part of
medicine.



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**taking care of
my own
mental health**

Among physicians,
risk for suicide
increases when
mental health
conditions go
unaddressed.



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**participating
in cognitive
behavioural
therapy**

In one study, 23% of
interns had suicidal
thoughts. This
decreased by 50%
after 4 web-based
CBT sessions.



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**licking the
hospital floor
in attempt to
become septic
so I can take a
nice long sick
leave**



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**paging my
own pager to
make sure it is
still receiving
pages**



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**covered in
feces**



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sprinkling a little c.diff here and MRSA there

Hand-hygiene and following the posted precautions helps reduce the spread of disease.



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hurrying the f*ck up

“Slow is fast and fast is slow”. Speed will come with experience.



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wishing I had just one day off

Each year, we get 4 flex days off. Don't forget to make use of them and to request the flex day in advance.



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one big joke



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eating leftovers from patients' meal trays



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overflowing with anxiety

If anxiety is affecting your ability to function, talk to your GP. Don't have one, the College of Physicians and Surgeons of Alberta has an online search tool.



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vomiting urine



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in and out cathing myself to decompress my over distended bladder



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free labor



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hiding from the nurses

Bullying and workplace violence is unacceptable. Write down their name. Report to the Unit Manager or by using MySafetyNet online tool (use your AHS login info).



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**running away
and never
looking back**

**washing away
the blood,
sweat and
tears**

**disorientated
to person,
place and
time**

**zipping my
lips closed**

**squeezing out
a kidney
stone**

Residency is hard.
See the Wellness
section of the PGME
website for various
resources and
support.

Nearly 9 of 10
trainees did not use
their institutions'
resources to
address harassment
and intimidation.
Stop the bullying
and report by



**too scared to
call the PFSP
help line**

**in need of a
little TLC**

**a big scoop of
sadness with
a side of
steaming hot
shame**

**in desperate
need of help**

**watching my
colleague
crash and burn**

Don't be. Many staff
and residents have
called and received
confidential help.
There's no harm in
talking:
1.877.767.4637

Take a flex day!

Call the Physician
and Family Support
Program for
confidential support
and access to
resources:

If you're concerned
about a colleague
but don't know how
to help, call the
PFSP helpline:

1-877-767-4637

1-877-767-4637



the bottom of the medical hierarchy system

Help change the culture of medicine by being a positive role-model for med students and junior residents.



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an easy target of harassment

Workplace harassment is never acceptable. Talk to your Program Director, Resident Wellness Office or report violence on AHS MySafetyNet.



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making less than a hamburger flipper at a fast food restaurant

facing a family crisis

Take care of yourself and your family. The PARA agreement includes a compassionate leave.



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stealing scrubs

Scrubs are AHS property and are not to be taken off the facility premises.



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a giant fetus

dripping in a combination of meconium, blood and amniotic fluid

Remember to use personal protection equipment.



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tired of being called a nurse

It happens. Introduce yourself as a resident doctor and wear your name tag.



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leaking urine with every footstep

stealing popsicles from the peds emergency room



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falling in love with a patient

If a doctor engages in sexual activity with a patient and doesn't terminate the professional relationship, it is considered sexual misconduct.



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shaking as the sepsis kicks in

Stop seeing patients! Tell your attending and go see a doctor or head down to the emergency room. Take care of your health first.



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falling asleep while holding a retractor for hours on end




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seeing another consult even though I am not on call

GO HOME NOW.



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trying to decide between eating or showering



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in the washroom smelling my armpits and hoping that no one else can smell that stench



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afraid to report a needlestick injury

Call 403-234-7799. There are no repercussions, except endangering your own health if you don't.



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ordering the wrong dose of tylenol

The fear of every new resident and even the staff attendings. It's not just you, were all in the same boat.



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lacking confidence, big time

Build up confidence with knowledge and practice. Remember, you deserve and have every right to learn. You are not an imposter.



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counting the number of cavities from not brushing my teeth

Don't forget about oral hygiene and as an AHS employee, you a dental plan. Yay!



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getting a heart attack every time I am paged

Talk to your doctor if you suffer from Pager PTSD or workplace anxiety.

feeling guilty everytime I ask the CAGE questions

Drinking problems? Call PFSP, it's confidential:
1-877-767-4637

performing a digital rectal exam without gloves

flipping into afib because I'm so flippin' mad

paranoid that everyone is watching me

Don't worry about everyone else. Concentrate on the task at hand. You got this!



smashing my pager with my clipboard

getting kicked out of residency

wondering what the heck PFSP is

Physician Family Support Program: a benefits program operated by AMA. It's confidential support with access to a variety of resources.

trying to hide the fact that I am pregnant

The Canadian Human Rights Act prohibits any discrimination related to pregnancy.

hesitant to use hand sanitizer because I'm covered in paper cuts



missing the birth of my own child because I'm on service

Take a paternity leave! It's in your right. See the PARA agreement.



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on the low fat, low carb, low protein, low calorie, high caffeine diet



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going to explode, both mentally and physically

See your family doctor, take a sick leave, call PFSP: 1.877.SOS.4MDS (767.4637)



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sicker than my sick patient

Call in sick (yes, even residents get sick days), talk to an attending and go home, see a doctor! Your health comes first.



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just a starving resident

Take time to eat. Did you know that Skip the Dishes delivers to the hospital?



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trying to forget what just happened

More than 1 in 10 residents were sexually harassed or touched during residency. Take a stand and report any abuse.



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being judged by everyone, including the janitor



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driving home intoxicated from lack of sleep

The PARA Tax Reimbursement Program helps residents make it home safely when too tired to drive.



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getting pimped by the attending

Pimping, if it is for the purpose of humiliation, is a form of harassment.



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forced to do yet another research project

Only you know how much you can handle. You can always say no.



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turning a blind eye

Nearly 9 of 10 trainees did not use their institutions' resources to address harassment. Stop the 'culture' and report now.



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trying to cover up the fact that I was crying by saying that there was something in my eye



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being blackmailed to give up my intellectual property



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being outdone by a medical student



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a bruised banana (it's a metaphor for my life)



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disimpacting my own bowel

saying yes to everything

Watch out for burn-out. It's better to do a few things well than overload yourself with tons of projects.



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feeling guilty for taking a post call day

Don't. For the safety of the patients and yourself, go home after handover. Take a taxi if you are too tired to drive (Taxi Reimbursement Program)



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getting really sarcastic over the phone



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developing a nervous twitch



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**stuck in an
interesting
yoga position
because I
haven't done
yoga for years**

DAT Instructions:

Everyone picks up 7 white cards. The player that goes first picks a black card and reads it out loud. The other players answer by giving one of their white cards facedown. The player whose turn it is reads all the answers out loud and chooses their favorite. The player who submitted the answer keeps the BLACK card. The person with the most black cards wins!



Inspired by Cards Against Humanity