

GME WELLNESS SUBCOMMITTEE CHARTER

A subcommittee of the Graduate Medical Education Committee (GMEC)

Overall Goals

The overall goal of the Resident Wellness GMEC subcommittee is to ensure that the GMEC provides oversight for programming and services related to resident emotional, relational, physical, financial, and spiritual wellbeing.

1. Identify and promote existing wellness services and programming to residents, their partners and family.
2. Provide the GME recommendations for additional services and programming for residents, their partners and family.
3. Provide the GME administration feedback concerning resident wellness benchmarks, best practices, and recommend systemic changes that enhances resident wellbeing.

Responsibilities

1. Create, disseminate, and maintain an updated list (with descriptions) of all available wellness services for residents, partners, and family members.
2. Populate a calendar of all wellness programming events available to residents and their partners and families. Promote wellness events.
3. In collaboration with GME staff, identify and distribute a resident wellness survey -- annually. Review survey results and submit prioritized recommendations to the GME administration.
4. Identify 3 external GME wellness programs (nationally or internationally) as benchmarks -- annually. Identify best-practices and submit prioritized recommendations to the GME administration.
5. Meet semi-annually with the GME resident committee and residency program director committee to report on the subcommittee's progress, recommendation and receive feedback.
6. Help develop budget by identifying funding sources as needed
7. Work with Resident Council
8. Incorporate Resident Alliance
9. Provide Practice Management curriculum
10. Encourage a standard approach to resident call rooms
11. Ensure Integration offers access to the gym
12. Create a library of current topics and build upon these offerings (e.g. Life Insurance, Disability, Learning Styles)