

# Grassroots physician wellness solutions from divisions and MSAs

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## GRASSROOTS PHYSICIAN WELLNESS SOLUTIONS FROM DIVISIONS AND MSAS

**D**ivisions of family practice and medical staff associations (MSAs) are well known for finding creative solutions to support physicians at the community level. When burnout rates increased in 2021 due to the COVID-19 pandemic, many divisions and MSAs ramped up efforts to support local physicians. The positive response to these initiatives proves that the little things can go a long way in reducing burnout and increasing physician morale.

### HEALTHY SNACKS FOR DOCTORS IN POWELL RIVER

Many doctors avoid leaving the hospital on breaks to eat a healthy meal because they don't want to put the public at risk of COVID-19. The solution? A healthy snack program initiated by the Powell River MSA that sees emergency snacks and meals being purchased and delivered by a division staff member (who is then reimbursed by program funding) to the hospital's MSA lounge. A survey taken in April 2021, five months after the program began, found 73% of doctors at the hospital had used the healthy snack program and reported that it helped them work more effectively and increased patient safety.

### DOCTORS IN CAMPBELL RIVER HONOURED THROUGH THE SPIRIT AWARDS

Recognizing and rewarding those who go above and beyond is a proven way to boost morale, and what better way to honour award winners than holding a fun virtual ceremony? The Campbell River Spirit Awards were created in 2021 by the Campbell River and District Division of Family Practice and the local MSA to honour local physicians and health care advocates who went the extra mile to support and improve patient care in 2020, during the challenging circumstances of the pandemic. The inaugural award ceremony, held in February 2021, honoured 12 physicians and community health advocates for their leadership, integrity, and hard work to improve patient care.

The awards were presented in a humorous, [Oscars-style video ceremony](#), with local physicians acting as presenters. The video incorporated supportive remarks from Campbell River Mayor Andy Adams; Rachel Blaney, MP for North Island–Powell River; and Michele Babchuk, MLA for North Island.

The awards program has been lauded by physicians and politicians alike for encouraging and validating physicians' work to provide excellence in patient care during the pandemic.



*Dr David May helps himself to a snack between surgeries at Powell River General Hospital.*

### THOMPSON REGION DOCTORS LAUGH AND LEARN AT DIVISION EVENT

Laughter can sometimes be the best medicine for doctors too—this was the message conveyed during a virtual event held in February 2021 by the Thompson Region Division for local physicians and their MOAs. The event featured a keynote speaker/comedian who talked about finding humour in challenging times, and how laughter completes the body's stress cycle and helps to prevent the feeling of burnout. Forty-five division members attended the event, and participants were encouraged to include their partners and kids as well. All attendees had the opportunity to connect in breakout rooms after the show to hold informal conversations with colleagues as they would at an in-person event.

Feedback from the event was overwhelmingly positive, with attendees reporting that the presentation was excellent and made for a “much-needed fun time.”