

### 3. Refer to Resources

#### **UBC Resident Wellness Office**

1 855 675 3873

#### **BC Physician Health Program 24-hr Helpline**

1 800 663 6729

#### **Employee and Family Assistance Program (EFAP)**

1 800 505 4929

#### **BC Suicide 24-hr Helpline**

1 800 SUICIDE (784 2433)

This content has been informed by material from the UBC Dept. of Family Practice, Postgraduate Program, Resident Resilience Committee.

**Produced by the UBC PGME Resident Wellness Office.**

[www.postgrad.med.ubc.ca/resident-wellness](http://www.postgrad.med.ubc.ca/resident-wellness)

## Early Warning Signs of Residents in Distress

### Psychological Red Flags

- Decreased empathy and concern for patient outcome.
- Annoyance or irritability with day-to-day tasks.
- Decreased enjoyment of work, loss of sense of accomplishment.
- Re-prioritization of values to keep up with work (decreased time with friends and family).
- Poor self-care, deteriorating personal relationships.

- Depression, anxiety, mood swings or tearfulness.
- Unsustainable competitive compulsion to prove oneself.
- Increased isolation and social withdrawal.
- Substance abuse.
- Suicidal ideation or recurrent thoughts of death.

## Physical Red Flags

- Fatigue/exhaustion, change in sleeping pattern.
- Panic attacks.
- Headache, chest pain, palpitations.

# What Can I Do if a Resident is in Distress?

## 1. Communicate Empathy

Use their language:

e.g.: “You’re angry.”

Reflect back what you hear:

“You feel \_\_\_ because \_\_\_.”

“This sounds hard/frustrating.”

Ask open-ended questions.

## 2. Explore Invitations

Invitation are signs of distress that invite help (i.e. red flags).

Follow your intuition, explore the meaning of things you see and hear. Check for feelings of loss.