

Memorial Internal Medicine Residency Program PARNL Wellness Day Policy

The Memorial Internal Medicine Residency program places high value on resident wellness. We encourage all residents to attend PARNL Wellness Day. However, we must balance this with our professional obligations to deliver essential services and maintain patient safety. In that light, the RPC feels that the following are minimum service requirements:

- 1) 2 cardiology residents - 1 senior and 1 junior or 2 seniors
- 2) 2 CTU residents – 1 junior and 1 senior
 - a. One for post intake
 - b. One for intake
- 3) All residents must attend to their call duties

To the best of our ability, depending on scheduling and timing of the PARNL Wellness Day announcement, the program will try to ensure that each resident will only have to remain once in 3 years.

As per PGME policy, residents who elect not to attend PARNL Wellness Day activities must attend their regularly scheduled clinical duties. If residents are not attending Wellness Day then they must notify the Program Administrator (internal.medicine@med.mun.ca) and the Chiefs (munmed.chief@gmail.com) within 2 weeks of Wellness Day.

Passed by RPC
January 2020