



Peer Support Pilot for Physicians and Residents

Peer support is an evidence-based organizational and individual approach to being there for each other



What is it?

An **outreach** program to support colleagues after a crisis, e.g. adverse events, malpractice litigation, difficult medical encounter or other emotional stressful events

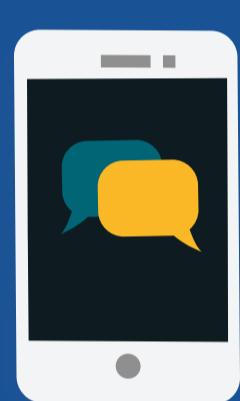
How does it work?



Triggering event

Physician Identified:

Medical affairs
Department chairs
Program directors
QPS committees
Wellness leads
Self-referral



Reach-out by a peer

Invitation by email, if physician agrees, set up a time to meet either in person or a phone call



Peer support intervention

Confidential
Full caring attention
Empathetic listening
Connection to support and resources as needed

Some key facts about peer to peer support

IS



PEER SUPPORT

IS NOT



Private and confidential, there are no records about the conversation

A safe way to talk about their emotions with someone who can empathize and has "been there"

Therapy or counselling

Does not replace professional help
Compulsory [participation is completely optional]

Email us at

peersupport@toh.ca
PeersupportPGME@uottawa.ca

Or contact us:

Elizabeth Muggah
Kathleen Gartke
Nathalie Fleming
Loree Boyle
Lisa Thurgur
Claudia Gomez

emuggah@uottawa.ca
kgartke@toh.ca
nfleming@toh.ca
lboyle@toh.ca
lthurgur@toh.ca
cgomez@toh.ca