

Longitudinal Quality Improvement Physician Wellness Measurement Process

Our program assesses current wellness in physician groups, highlighting factors influencing wellness, establishing a baseline, and identifying opportunities for positive and lasting change.

It is a solution focused, quality improvement approach, assessing physician wellness at the group, not individual, level. By exploring the group's specific culture, environment, and contextual nuances, measurement results can guide groups towards appropriate interventions that can be adapted to their needs.

Repeat Every 18 - 24 Months

01



Engage & Tailor

We engage with a group of physicians interested in gathering local data where there is leadership and member buy-in to work towards enhancing wellness. Together with leadership we tailor our survey to the group's needs.

02



Measure & Analyze

We administer the survey, ensuring the highest confidentiality. Both quantitative and qualitative data are collected and analyzed by our team of experts.

03



Share Results & Co-Create Solutions

Results are presented back to leaders and members at a post-measurement retreat. Groups are then guided through discussions to identify potential areas of actionable change and key next steps.

04



Ongoing Support

We provide ongoing support through our physician wellness measurement network including access to an online resource and connection hub, leadership debrief consultations, semi-annual change management workshops, drop-in "meet the expert" sessions, and more!

The Well Doc Initiative

Contact us to get started: thewelldocinitiative@ucalgary.ca

Levels of Support for Measuring Physician Wellness:

- Consultative
- Partial Support
- Full Support