The Well Doc Initiative

A Vehicle for Supporting Physician Wellness

About Us

Physician wellness is an important responsibility shared by individual physicians, the medical profession, and healthcare systems.

The Well Doc Initiative (comprised of "Well Doc Alberta" and "Well Doc Canada") is a non-profit organization that advances a collaborative, co-operative approach to physician wellness by working with interested groups and organizations across Canada.

We aim to help physicians, physician groups, and healthcare system leaders embed policies, practices, and programs in their healthcare systems to proactively enhance the wellness of physicians across Canada.

Filling the Gap

Upstream Prevention

We focus on upstream education and prevention work aimed at lessening the experience of work-related distress such as burnout and helping groups establish healthy workplaces

Continuum of physician wellness needs and services

The Well Doc Initiative does NOT provide treatment or counselling for physicians in distress.

Our Four Programs

1. Peer Support Program

We help groups of physicians to develop, train, launch, and sustain their own one-on-one, physician-to-physician peer support teams. We do this using a Four-Step Process.

2. Physician Wellness Measurement Program

We support groups of physicians to measure their wellness and the factors influencing their wellness using a longitudinal quality improvement process designed to help them identify and implement opportunities for positive and lasting change at the system level.

3. General Education and Development Program

We offer various physician wellness education sessions tailored specifically to physicians. We refine the sessions to meet the unique needs of each group we work with.

4. Knowledge Translation Program

We offer general information sessions about our organization as well as consultations on various physician wellness topics. We also contribute to broader knowledge sharing in the field.

We help physician groups embed system-level programs

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