



Ubuntu 2024 Workshop

Title:

Resilience - Reimagined

Facilitators:



Dr. Sarah Lesperance (BSchKin, MD, CCFP, FCFP, FRRMS)

Sarah L is a Rural Generalist and Immediate Past President of the Society of Rural Physicians of Canada (SRPC). Her clinical practice spans rural and remote regions of Canada, from Amherst, Nova Scotia to the Arctic, where she provides care in several Inuit communities in Nunavut. She is actively involved in medical education, and has published on topics including resilience among rural family physicians, rural maternity care, and latent TB treatment.



Dr. Sarah Chalmers (BSc(Hons), PGDipEd, MBBS, FRACGP, FACRRM)

Sarah C is a Rural Generalist and Immediate Past President of the Australian College of Rural and Remote Medicine (ACRRM). She is a Medical Superintendent at the Joyce Palmer Health Service on Palm Island in North Queensland Australia, and a board director of the Rural Doctors Association of

Australia. Sarah is the Chair of ACRRM’s Respectful Workplaces Committee, and a member of RDAA’s Female Doctors Group.

Synopsis

Resilience is considered a key element to success in rural practice, and various strategies have been proposed to both teach and enhance resilience. Despite this, many rural doctors, sometimes even at several stages in their career, find their resilience shifts to resistance, and burnout ensues. From simple hiccups in the day to hours spent going in circles arranging a patient transfer, it all becomes a fight. Often a pause and re-adjustment are necessary, and we emerge stronger, with a renewed vision to continue the rural and remote work we love. But must it be so? Is it possible to strive for a sustainable system where this “resilience” is not required?

Using an exploration of the literature, knowledge gained from focus groups, as well as personal experiences, a workshop format will be used to explore the themes of resilience and sustainability, through a lens of rural women in leadership.

This session will link thematically with the authors’ session When Rural Women Take the Lead, however will be structured as a standalone session to allow participation in one session or the other.

Learning Outcomes

- Understand themes of resilience and sustainability in a rural context
- Develop strategies to that will assist in enhancing sustainability of clinical practice, teaching, and leadership activities
- Consider future work required to develop resilient rural practices

Workshop Outline

| Time | Activities |
|-------------|---|
| 5 minutes | Welcome comments Ubuntu 2024 Moderator |
| 10 minutes | Definitions |
| 10 minutes | Setting the Stage |
| 10 minutes | Solutions proposed in the literature |
| 30 minutes | Small group discussions (3 main themes) |
| 10 minutes | Reporting back to large group |
| 3 minutes | Wrap-Up |
| 2 minutes | Closing comments Ubuntu 2024 Moderator |