



Rural Resident Physician-Initiated Well-being Event Guidelines

Background:

- Rural resident physicians are generally unable to participate in PARA social events due to travel distances and expense.
- Rural resident physicians represent a small number of the total resident physicians in Alberta who are distributed in smaller towns and cities throughout Alberta, thus making it difficult to schedule social and wellness events.
- To support resident physician social and well-being activities for rural resident physicians, PARA has allocated funds to support resident physician-initiated events.

Purpose:

- To support resident physicians by providing funding for resident-initiated rural events.

Budget and Money Allocation:

- The total budget for this program is \$4,000.00 (\$2,000 RAN; \$2,000 RAS)
- The recommended ask for event funding is between \$10-\$20 dollars for each resident physician who attends the event to a maximum of \$500.00 per event. This amount is based on current funding practices for general PARA events.
- Applications will be reviewed for approval by PARA's Vice President Community & Internal Affairs and the PARA office, with consultation from the PARA's CWC as required.
- Approved funding will be provided through the reimbursement of original receipts submitted by the event coordinator.

Event Details:

- Rural well-being events should be open to and considerate of all resident physicians.
- Rural well-being events must be completely inclusive, i.e. all resident physicians are to be invited to participate, although the event can be tailored to suit a specific program or group where justified.
- Rural well-being events should be located outside of the greater Edmonton and Calgary areas.
- Event planners are encouraged to keep resident physician well-being goals in mind; the application for funding will require a description of how the event achieves these goals.
- Any event that PARA currently supports in Edmonton and Calgary can be duplicated outside of these two centres for rural resident physicians.
- Funds will not be used for competition, evaluation or recognition of individual resident physicians' success or accomplishments.
- PARA encourages inclusion of resident physicians' significant others.

Application Details:

- Applications will be accepted at any time during the academic year and will be considered until all funds for that academic year have been allocated.
- Except in exceptional circumstances, applications will not be accepted after an event has taken place.
- Applications should be submitted using the Application Form attached (Appendix 1).
- Applications should be submitted at least four weeks prior to the event to allow adequate review time.

Post-Event Requirement:

- After a funded event is complete, the event organizer will submit a summary of the event and its well-being outcomes using the Post-Event Summary Form (Appendix 1).
- Receipts will not be reimbursed without submission of a Summary Form.
- Submission of pictures from events is strongly encouraged.