



Research on Resident Physician Wellness

Background

Research into resident physician wellness within Alberta has not been a well-studied topic. Residency in Alberta may have specific nuances and challenges that may have gone unrecognized due to the lack of funding and research into resident physician well-being in a systematic method. Thus, PARA endeavours to offer non-renewable funding to PARA members to further PARA's strategic priorities of resident physician wellness, by supporting resident physician initiated and resident physician led research projects on resident physician wellness.

Eligibility

1. Applicant must be a PARA member in good standing within the Association.
2. Resident physicians may win funding a maximum of twice and not in consecutive years.
3. Only one application per person will be allowed per year.
4. The duration of funding for each initiative should be limited to 24 months.
5. PARA Assembly Delegates may apply.
6. PARA Executive Board members may not be the primary applicant.
7. Previously funded research projects will not be eligible for reapplication.

Financial Considerations

Funding may be awarded in values not exceeding \$2,500 for each selected project and will closely follow the applicant's submitted budget. Reimbursement will be subsequent to the submission of the Initiative Review document.

Applicants will be reimbursed by PARA for costs incurred after submission of receipts. The funds reimbursed will not be greater than the amount stipulated in the funding application. Should there be extenuating circumstance for cost overruns, the Nominations and Awards Committee will consider additional reimbursements on a case-by-case basis.

Maximum of \$10,000 per academic year will be available for all supported applications.

Application Process

Research on Resident Physician Wellness funding will be made available to PARA members via the Nominations and Awards Committee. This committee will be responsible for the announcement, evaluation, and disbursement of the funding to resident physicians on a yearly basis.

The Nominations and Awards Committee will endeavour, where possible, to distribute funding equally to Calgary, Edmonton, Northern Alberta, Southern Alberta, and Central Alberta. This criterion will not restrict the funding of additional applications should there be funds remaining after initial allocation and appropriate applications remain.

All completed applications submitted by the annual deadline will be considered.

Applications to be emailed to ravneet.saran@para-ab.ca

Post Funding Reporting

At the conclusion of the research project, or the academic year's end (whichever is more appropriate, given the timeline and nature of the project) successful applicants will be required to submit an Initiative Review document, which will include summaries of:

- Research project implementation process
- Perceived successes and challenges experienced
- Research goals achieved
- Impact on resident physician wellness
- Financial expenditures, specifically, the use of PARA funding
- Proposed improvements if the project were to be implemented again



Research on Resident Physician Wellness Application Form

Name:

Application Date:

University:

Program/PGY:

Describe your research question:

Provide a brief summary on other research related to your question:

Specify the population or area of interest of your project, including a hypothesis of your work:

Provide a projected timeline for the research project:

If applicable, attach evidence of ethics approval or proof of pending ethics approval:

Budget Details

Requested funding:

Proposed budget for the allocation of the funding:

Expense	Budgeted Amount

Will funds be sought from other sources and if so, from whom?

Provide justification for funding:

Signature _____ Date _____