

## **Promoting Resilience in the Healthcare Workforce**

(OTTAWA, February 25, 2010) — The 4<sup>th</sup> Annual Quality Worklife-Quality Healthcare Collaborative (QWQHC) Summit will be putting a spotlight on the health of workers and workplaces in Canadian health care. The theme of the Summit “Healthy Workplaces in Action: Working Together to Deliver Quality Care” will be woven throughout the 2-day Program which includes the experience, knowledge and expertise of an impressive roster of speakers who will stimulate rich discussion, fostering an increased readiness to further quality of worklife across Canada.

The Summit will also be the platform for the launch of an innovative avenue to promote the health and resilience of health providers. **eWorkplaceHealth.com** is a website that delivers honest, practical advice and support from Drs. Martin Shain and Emma Stoddel, two Canadian experts on workplace health. With a click of a mouse, health providers from all disciplines can discuss topics concerning their professional and personal life anonymously and at no charge.

“The burnout of health care providers comes at an enormous cost to the system” said Dr. Puddester. “This site gives them the chance to learn more about themselves and to be proactive about their health before it’s too late.”

The website, developed by Dr. Derek Puddester, director of the University of Ottawa’s Faculty of Medicine Wellness Program and Dr. Colla MacDonald from the Faculty of Education, is designed to reduce the impact of stress on Canada’s health human resources. It includes evidence-based information, insight, and advice for health professionals looking for help or ways to help a colleague.

“Our annual Summit is the ideal opportunity to launch the eWorkplaceHealth.com initiative since the Summit is an assembly of health leaders from across the country who recognize the need for a healthy quality of worklife to support one of our most crucial resources – our health care providers” said Eva Szczerba, QWQHC Executive Director. The Summit will run February 25 and 26, 2010 at the Crowne Plaza Hotel on Lyon Street in Ottawa. The Program can be downloaded from [www.qwqhc.ca](http://www.qwqhc.ca).

Support for the development of eWorkplaceHealth.com was provided by the Ontario Ministry of Health and Long Term Care, the University of Ottawa, the Canadian Medical Foundation, and the Canadian Medical Association’s Centre for Physician Health and Well-being.

The Quality Worklife-Quality Healthcare Collaborative ([www.qwqhc.ca](http://www.qwqhc.ca)) is a coalition of 12 national health organizations that are working to create vibrant, healthy healthcare workplaces, with the ultimate goal of improving patient care.

Eva Szczerba  
Executive Director  
Quality Worklife – Quality Healthcare Collaborative  
613-738-3800 ext. 362  
[eva.szczerba@qwqhc.ca](mailto:eva.szczerba@qwqhc.ca).

For more information about eWorkplaceHealth.com contact:

Dr. Derek Puddester  
Director, Faculty Wellness Program, Faculty of Medicine, University of Ottawa  
613-562-5800 ext. 8507  
[wellness@uottawa.ca](mailto:wellness@uottawa.ca)