The Questions
• What are the challenges?
• What supports are needed?
• How would it function? (Nodes? Community Specific?)
• How to connect? (Securely/Safely)
• How to share experiences/support effectively and safely?
• How to get the word out?
• What is needed in terms of resources?
• What do we expect from the community?
Challenges

• Perception of physicians’ families “different”
• Discrimination (CFA)
• People assume partner knows about personal medical conditions
• Burnout
• Isolation from family
• Isolation resulting from moving often
• Feeling/being treated like an outsider
• Finding childcare
• Knowing everyone’s business/everyone knows yours
• How to navigate the new social family/community “tree” without offending
• Employment opportunities for spouse – needs links to community
• Maintaining momentum with network.
• Recognizing/Preventing burnout
• Assumption doctor families are rich/spoiled
• Dealing with burnout at home
• Activities for kids to keep them out of trouble
• Not feeling valued in role of spouse
• Lack of anonymity
• Diversity of rural communities (lack)
• Lack of high school/academic options/quality teachers (as people leave)
• How to avoid being influenced by new “local” biases
• Childcare as a retention issue
• Irregular hours for daycare; needs a bottom-up community group
Supports
• Survival Skills/Reality of the Community
• Information
• Connecting throughout the year
• Mentorship
• Advice from those with similar experiences/challenges
• Putting articles in newsletters through various colleges
• Forging the identity of the partner/family separate from the physician
• Meeting the individual needs of the partner/family
• Professional support/advice/ideas
• Parenting Skills
• Professional life for the partner
• Knowing the available local services (mechanic/accountant/etc)
• Ongoing communication
What a network could look like

• Coordinator to manage connections
• Web Coordinator who receives ideas and input from others
• Resources page on website; more general 100 i.e. schoolboard or provincial site
• Experiential Resource Bibliography (biographies)
• Links to recruit and retention groups
• Connection to communities
• Another area of the site to have an open forum for general challenges/responses
How to connect
• E-Harmony/dating site for Residents/sites
• Canadian Virtual Hospice as a model for accessing people with experience
• “Slack” as a communication method
• Use SRPC list-serve adjusted for spouse emails for a short link-in
• Needs to respect privacy
• Pen pal campaign
• Options for involvement and opting out
• Book-club (Google Hangouts?)
• Cultural exchange i.e. local stuff by post
• Website
• Newsletters
• Forum (Discussion)
• Need a virtual “Pearl”
• Utilize SRPC website
• Connect list – prospective/locum docs & spouse provides bio -> link
• SRPC spouse on list
• List connection to physician recruitment committee – website
• Doctor group leader
• Pen pal by mail
• Place to upload bios of family members
• Also a way to reach out and link with locals
• One or more people per community who is in charge of
• Jobs/Experience/Skills/Place in Life