

## **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