

Physician Health Program

The Physician Health Program (PHP) supports physicians, residents, physician assistants, clinical assistants, and medical & physician assistant students who need to prioritize their personal health, while continuing to provide safe and effective care to patients. The goal of the PHP is to keep registrants working or enable them to return to practice as soon as it is safe to do so.

PHP is **SAFE**, **CONFIDENTIAL**, and **NON-PUNITIVE**



We provide a place where registrants feel safe acknowledging they require support.



Any involvement and information shared with the program is kept private.



The PHP is non-punitive. The focus is on enabling participants to maintain practice and to support rehabilitation.

SELF-REPORT YOUR HEALTH CONCERN TO THE PHP BY:  **204-560-4205**
 **physicianhealth@cpsm.mb.ca**

Click the QR code for resources or to contact us



SELF-REPORTING

Medicine is a demanding profession and chronic stress can leave registrants at risk for acute and chronic health conditions (both physical and mental). You are encouraged to seek help and engage in care to support your health and wellness on a regular basis.

The PHP is committed to reducing stigma and making it safe to seek help and report to CPSM when required. Early reporting can be preventative and avoid added complexities that arise in the middle of a crisis.

- ✓ Every referral is handled with compassion, discretion, and a focus on the humanity of the individual.
- ✓ Our involvement is customized to support you in your unique situation.
- ✓ PHP helps you prioritize your health to get the support you need to continue practicing safely.

REFERRALS FROM OTHER SOURCES

If you are not well, others who care about you or those you interact closely with may notice. Referrals can be made to the PHP by anyone and are commonly received from:

- Colleagues (CPSM registrants are required to report)
- Other health professionals or care team
- Patients
- Family members

The reporting individual's identity is protected wherever possible to ensure safe reporting.

THE PRIVILEGE OF SELF-REGULATION

As the regulatory body of the medical profession, CPSM is guided by our responsibility to protect the public.

To preserve the privilege of self-governing the profession, it is essential that registrants report issues that are causing impairment in practice whether it is about yourself or another colleague.

QUESTIONS?

For more information contact the Physician Health Program coordinator at physicianhealth@cpsm.mb.ca or **204-560-4205**.