CO-CHAIR PWG
Dr Nienke Endenburg

CO-CHAIR PWG
Dr Derick Chibeu

MEMBERS
Dr Martin Soberano
Dr Vicki Lim
Dr Michael Paton
Dr Janet Donlin
Dr Marie Holowaychuk
Dr Patricia Dowling

The PWG is generously supported by:
Overview of activities in 2019

Meetings
The PWG managed the following committee meetings (minutes attached) in 2019; January 22nd 2019 - TC, March 11th 2019 - TC, June 24th 2019 – TC, July 17th and 18th 2019 - Face to Face at the WSAVA Congress, Toronto, August 28th 2019 – TC, October 22nd 2019 – TC, November 20th 2019 - TC.

Achievements

WSAVA Professional Wellness Conference Stream
In 2019, the PWG organized a half-day stream at the WSAVA Congress of renowned speakers knowledgeable in veterinary mental health and wellbeing.
- These sessions have been very well-attended with positive feedback provided by the speakers and attendees.
- Topics have included mentorship programs, strategies for resilience, and boundaries.

Professional Wellbeing Forum
In 2019, the WSAVA PWG hosted this forum at the Congress to share the results of the Mental Wellness Survey. The forum was very well-attended and prompted global engagement and input on topics pertinent to veterinary wellness and mental health. (read more).

Endorsement of AVMA/RCVS Joint Statement on Veterinary Mental Health and Wellbeing
In 2019, the WSAVA PWG endorsed this statement in an effort to demonstrate global commitment to veterinary wellness.

Sponsorship Plan
The committee, during the course of the year, was able to come up with a Sponsorship Plan (attached) document that could be used as a prospectus for the various partners of the WSAVA.

Ongoing activities

Mental Wellness Survey: The PWG launched a global Mental Wellness Survey during the WSAVA Congress in Singapore and the survey ended on 31st December 2018. The preliminary survey results were presented at the WSAVA Congress in Toronto during the Professional Wellness Forum. The survey outcomes will be submitted to a peer-reviewed veterinary journal with anticipated completion of peer review and publication in 2020.

Compilation of Resources: The PWG is performing a literature review and collating studies pertinent to veterinarian mental health and professional wellbeing.
- The goal of this endeavour is to provide a list of resources for those interested in researching or learning more about veterinary mental health and wellbeing.
- This compilation will be completed in 2020 and then formatted and made available to the public in 2020.

Develop Professional Wellness Guidelines: Similar to the other Global Guidelines published and endorsed by WSAVA, these guidelines will pertain to individual and veterinary team mental health and wellbeing.
- The goals of these guidelines are to reduce turnover in the veterinary industry and enhance personal (life) and professional (job) satisfaction and wellbeing.
- A draft concept of the chapters has been developed and the creation of the guidelines will take place in 2020 with plans for publication and dissemination in 2021.

WSAVA Professional Wellness Conference Stream:
The PWG is organizing a full-day stream of renowned speakers knowledgeable in veterinary mental health and wellbeing for the 2020 WSAVA Congress. Prominent speakers are to be invited from diverse backgrounds to provide a global representation of the veterinary wellness problems and solutions.

WSAVA Wellness Website: This website will provide links to global partner websites providing information and resources pertinent to veterinary wellbeing, as well as other mental health and wellness videos and articles. This website will maintain a digital presence that is current, informative, and meets the needs of a global audience.

Planned activities for 2020

- Finalize a Compiled list of resources
- Professional Wellness Stream at the WSAVA Congress in Poland
- Draft Various Chapters of the Guidelines
- Publish Mental Wellness Survey Results in a Peer-reviewed Journal
- Develop a WSAVA Wellness Website