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

Dr Shane Ryan (WSAVA Past President)
Overview of activities in 2020

2020 was a difficult year and just like the rest of the world, face-to-face meetings and activities that had been planned were all cancelled / postponed due to the COVID-19 pandemic. This meant that we were also not able to accomplish activities such as having the Wellness stream at the Congress in Poland 2020. Similarly, our planned “retreat” to write out draft guidelines did not take place.

However, despite all these challenges associated with the pandemic, the Professional Wellness Group (PWG) managed to do some progressive work through virtual meetings. As far as virtual meetings are concerned, the PWG managed to hold 6 meetings (13th and 31st March; 7th and 10th April, 28th September; and 8th November).

The main activities for the PWG during 2020 can be summarized as follows:

Draft of the Wellness Guidelines' Chapters
PWG has come up with a draft document that outlines the chapters that will form the guidelines. Currently, the draft guidelines has 6 main chapters outlined and the group is now in the process of working on the detailed write up information for respective chapters.

Collated Resource List to be included in the guidelines
This will be in the form of an index or library resource that will be included in the guidelines to provide users with direction on where to get more resources on wellbeing. It is an evolving list that is currently being collated as resources are reviewed continuously.

Survey Paper
The PWG is also currently finalizing the publication of the Wellness Survey that was carried out in a peer-reviewed journal. This follows the survey carried out in 2018 and the data has been analyzed.

Wellness Publicity
PWG and its members were involved in promoting wellness issues.
- PWG released a press bulletin on, "Stress Management for Clinicians during the COVID-19 Pandemic"
- Dr. Endenburg was a speaker during the Hill's Webinar on Stress Management in April
- Dr. Martin Soberano has been actively involved in publishing and translating resources on wellness into various major languages - this has enabled the PWG message have a greater reach.
- Dr. Chibue was a speaker at the Zambia Veterinary Association Virtual Congress in September to introduce and highlight the work of the PWG.
- Dr. Holowaychuck ran a webinar series on coping with "Coping with the Chaos of Covid 19" in April in addition to her extensive programs on wellness.
- WSAVA announce the great news of the new partnership with Hill’s Pet Nutrition to foster professional wellness

Planned activities for 2021

- Wellness Stream during the re-scheduled Congress in Poland in March 2021
- Group Meeting to Complete Drafting of the guidelines in April - May 2021
- Publish Wellness Survey Article
- Wellness Stream during the Congress in Hyderabad, September 2021
- Published Wellness Guidelines
- Develop Tools and Resources for Wellness