

MEMO

To: Department of Anesthesiology, Perioperative & Pain Medicine Faculty, Fellows, Residents and ACA's
From: Dr. Chris Christodoulou, Head, Department of Anesthesiology, Perioperative & Pain Medicine
Date: March 27, 2020
Re: **Wellness**

Wellness – United we Stand in supporting our colleagues, healthcare workers and our community at large.

I acknowledge all your concerns regarding wellness in light of the challenges stemming from the response of our healthcare system to COVID-19.

- In order to promote well-being I am offering the opportunity for anyone who wishes to self declare that they are self-isolating or in need of support to contact me.

cchristodoulou@sbgh.mb.ca or (204) 291-8377

- This information will be shared with your permission and discretionary to your directive either with your Site Medical Manager/s or the Department at large.
- Anyone can participate (e.g. Faculty, Residents, Fellows, ACA's, Alumni, MB Anesthesia Colleagues).
- The process as it relates to self-isolation for known or suspected COVID-19 individuals was vetted and approved by Dr. Allan Kraut, Medical Director, Occupational Health, WRHA.
- I believe in you, your courage and humanity!
- Thank you for all your contributions in the service of patients and families!

United we Stand!



Respectfully,
Chris Christodoulou