

## **Commensality Information document LGH**

**Definition** - *Commensal* - late 19th century: from medieval Latin *commensalis*, from com- 'sharing' + mensa 'a table'....

Although this model seems simple, randomized trials in physicians have demonstrated that this approach improves professional fulfillment and reduces burnout. Participants identify 6-8 physician colleagues within their department/division with whom they would like to share a meal with once a month over a 6 month period. These group meetings can occur in a restaurant, a hospital meeting room, or on a virtual platform. What is most essential is for the group to fully be present with each other. Groups should have a maximum of 8 physicians and are intended to be a consistent group for the six-month interval. Meetings are intended to be 60-90 minutes long. The first 15-20 minutes of the meetings are allocated to discussion of questions about the virtues and challenges of being a physician. Group members select a question for discussion from a provided list. After each member of the group has had the opportunity to share their perspective about the discussion question, the group can either continue that conversation or use it as a social time to connect with one another. Both areas of discussion have value. There is an expectation of confidentiality for the discussions, no didactic component, and the emphasis is on sharing experiences without giving advice.

Each group has a self-selected facilitator who will introduce a discussion question at the beginning of each session. There are multiple discussion topics already drafted and available. The goal is for each commensality group facilitator to coordinate with the LGH Wellness Lead to briefly review questions, discuss facilitation techniques and receive support wherever required. The commensality group facilitator is responsible for venue selection, tracking attendance and coordination of meetings.

Commensality group members are expected to attend at least 3 of the 6 sessions. Ideally more.

Groups are encouraged to set up meeting dates in advance or in such a manner as to best facilitate attendance.

There is funding to cover six meetings per group at \$50/person per meeting. This can be claimed by the group leader through the FE app after each meeting.

Deadline for applications is December 20 2024.

Register here:

[https://docs.google.com/forms/d/e/1FAIpQLSdPkJmHe6IbD4fP8INV\\_Bp0-oZAm45z947eowILYjV-wUWgoQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdPkJmHe6IbD4fP8INV_Bp0-oZAm45z947eowILYjV-wUWgoQ/viewform?usp=sf_link)

Contact Simon Pulfrey [spulfrey@gmail.com](mailto:spulfrey@gmail.com) for more information.

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