

UC Riverside, School of Medicine Policies and Procedures**Policy Title:** Wellness Days for Medical Students**Policy Number:** 950-07-022

Responsible Officer:	Executive Associate Dean, Student Affairs
Responsible Office:	Office of Student Affairs
Origination Date:	04/2021
Review Date:	08/01/2022
Date of Revision:	02/15/2024
Scope:	UCR School of Medicine Undergraduate Medical Education

I. Policy Summary

The establishment of UCR SOM Wellness Days emphasizes the value and importance of attending to all dimensions of wellbeing. Scheduling required Wellness Days in the academic calendar not only reinforces UCR SOM's support for student wellbeing but affirms we are creating a culture that emphasizes preventative care when it comes to personal wellness and overall mental health. Wellness Days are full days off in the academic calendar for students to care for themselves by attending to areas of their whole health that may be otherwise neglected due to academic requirements. Students use Wellness Days to attend to personal doctor appointments, dental appointments, mental health, and time with family, etc. Scheduled Wellness Days show students UCR SOM acknowledges the importance of attending to whole health as imperative to personal sustainability to develop balanced habits as future physicians.

II. Policy Text**A. Years 1 and 2**

All 1st year and 2nd year medical students are excused four times during the academic year for a full day of personal wellness.

B. Year 3

All third-year medical students are excused four times during the academic year for a full day of personal wellness.

C. Year 4

All fourth-year students have three half-days scheduled during the Transition to Residency course during the academic year.

III. Procedures**A. Years 1 and 2**

1. All 1st year and 2nd year medical students are excused four times during the academic year for a full day of personal wellness.
2. Wellness Days are the same for each class and are predetermined by the Office of Medical Education before the start of the upcoming
3. Students that are scheduled for LACE on their Wellness Days are asked to re-schedule with their LACE Preceptors for an alternate half-day during that week.
4. Students do not need to submit a request for time off to observe Wellness Days.

B. Year 3

1. Wellness Days are the same fixed days for all third-year medical students and are predetermined by the Office of Medical Education before the start of the upcoming academic year. Wellness Days

are not interchangeable or negotiable for other dates (e.g., planned absences such as weddings, conference presentations – or unanticipated absences such as being out sick, etc.).

2. These days are communicated to all Block and Clerkship Directors, Clerkship Coordinators, Site Directors and preceptors in advance.
3. A “Wellness Day” period during the third-year curriculum begins at 12:00am and ends at 11:59pm of the same day (24 hours of protected time).
4. If any clinical shift (e.g., overnight call, etc.) extends more than 4 hours into this protected time (midnight to 4am or 8pm to midnight), these students will get the option to select a different 24-hour period to observe Wellness Day.
 - a. The new selected date must be communicated to the Clerkship Director, Clerkship Coordinator and the Office of Student Affairs for approval at the start of the clerkship (or earlier if the call schedule is known before the clerkship begins).
 - b. The new selected date to observe Wellness Day must be during one non-overnight shift during the same clerkship or block.

Approvals:

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Daniel Teraguchi

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