Physician health

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POLICY TYPE  Policy document
DATE  2017-10-21
REPLACES  PD98-04 Physician health and well-being
TOPICS  Health human resources
        Ethics and medical professionalism

### BACKGROUND TO CMA POLICY

**PHYSICIAN HEALTH**

In recent decades, there has been growing recognition of the burden of physician health and well-being on patients and the medical profession itself. There is a need for the medical profession to ensure that the well-being of physicians is maintained and that they are able to deliver high-quality care.

1. **The Impact of Physician Well-being**

   Physician well-being is crucial to the delivery of quality patient care. Physicians experience stress, burnout, and mental health issues, which can affect their ability to provide optimal care. Addressing these issues is essential for maintaining a healthy and sustainable medical workforce.

   **Recommendations:**
   - **Education and Awareness:** Physicians should be educated about the importance of well-being and provided with resources to support their mental health.
   - **Support Systems:** Implementing support systems, such as peer support networks and Employee Assistance Programs, can help physicians manage stress.
   - **Work-Life Balance:** Encouraging a balance between work and personal life can help prevent burnout.

2. **The Role of Policies and Standards**

   Policies and standards are vital in promoting physician well-being. They can help create a supportive workplace environment and ensure the well-being of physicians is protected.

   **Recommendations:**
   - **Policies:** Develop policies that support the well-being of physicians, including mental health policies.
   - **Standards:** Establish standards for workplace conditions that promote the well-being of physicians.

3. **The Importance of Research**

   Research on physician well-being is essential to understanding the challenges and developing effective solutions. It can provide insights into the factors that contribute to well-being and inform policy development.

   **Recommendations:**
   - **Funding:** Increase funding for research on physician well-being.
   - **Collaboration:** Encourage collaboration between researchers, healthcare providers, and policy makers to advance knowledge in this area.

4. **The Role of the Medical Profession**

   The medical profession has a responsibility to address the well-being of its members. It can influence the work environment and policies to promote the well-being of physicians.

   **Recommendations:**
   - **Leadership:** Medical leaders should promote a culture of well-being and support the well-being of physicians.
   - **Education:** Incorporate training on well-being into medical education programs.

5. **The Role of Patients and the Public**

   Patients and the public can also play a role in promoting the well-being of physicians. Their support and understanding can help create a positive work environment.

   **Recommendations:**
   - **Patient Support:** Patients should be encouraged to support the well-being of physicians.
   - **Public Awareness:** Increase public awareness of the importance of physician well-being.

**Note:** This policy is a work in progress and is subject to further development and refinement based on feedback and new research.
Governing Principles

A greater understanding of physician health

In a world where physicians can access information online, rather than undergoing traditional, in-person health education, it is important for physicians to have a greater understanding of health. This understanding can be achieved through self-reflection, peer support, and the development of a personal health plan. The importance of physician health lies in its ability to influence medical practice, personal well-being, and the overall health of the community.

Physician health as a shared responsibility

Physician health is a shared responsibility for everyone involved in healthcare. The health of physicians is a reflection of the health of the healthcare system. To ensure the well-being of physicians, it is essential to create a supportive and collaborative environment that prioritizes health and well-being. This includes the provision of adequate resources, training, and support for healthcare providers.