Physician health

https://policybase.cma.ca/link/policy13739

POLICY TYPE
Policy document

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REPLACES
PD98-04 Physician health and well-being

TOPICS
Health human resources
Ethics and medical professionalism

Documents
WHAT IT IS
The RCAF Health and Wellness Plan provides an holistic, evidence-based approach to promote, maintain, and enhance health and wellness for all members of the Canadian Armed Forces. 

WHY IT MATTERS
An organization with a healthy workforce is more competitive and can achieve better performance, productivity, and satisfaction. 

GOLDEN RULES

A greater understanding of the value of health

1. In your daily activities, make health a priority. Eat nutritious foods, get regular exercise, and prioritize sleep. 
   - Maintain a healthy weight through balanced nutrition and regular physical activity. 
   - Avoid tobacco and restrict alcohol consumption to moderate levels. 
   - The value of health should be a personal and professional commitment. 

Physician health is a quality indicator

2. The health of our physicians and healthcare professionals is critical to our collective health and well-being. 
   - Regularly engage in physical activity to improve cardiovascular health. 
   - Incorporate mindfulness and stress reduction practices into daily life. 
   - Seek support for personal and professional challenges. 

Physician health is a shared responsibility

3. It is everyone’s responsibility to promote and maintain good health and well-being. 
   - Encourage open communication and collaboration within healthcare teams. 
   - Support and celebrate achievements for health and wellness initiatives. 
   - Embrace personal and professional growth opportunities.