PHYSICIAN HEALTH

BACKGROUND TO CMA POLICY

1. THE DILEMMA OF PHYSICIAN HEALTH

Your health may become a barrier to effective clinical decision-making. The stress from a combination of personal and professional threats may contribute to an unhealthy work environment (as defined in the CMA’s Policy on Health and Well-being) and lead to a deterioration of your ability to provide high-quality care. Conditions such as burnout, depression, and anxiety may affect your practice and the care you provide.

PHYSICIANS, PHYSICIAN-ASSISTED SUICIDE, ANDぼ

In recent decades, there has been growing recognition of the impact of physician health on patient care. The CMA’s Policy on Physician Health, 2017 (PD98-04) provides a framework for understanding the role of physicians in maintaining their own health and well-being, and in promoting a culture of health in their workplace. This policy aims to support physicians in maintaining their health and well-being, and to promote a culture of health in the workplace.

CMA Policybase - Canadian Medical Association
GLIDING PRINCIPLES

A greater understanding of protection health

In order to achieve significant health improvements, a greater understanding of the role of professionals in protecting health is essential. This requires a shift in perspective to view health as not just an individual responsibility but also a collective responsibility. Professionals have a crucial role to play in promoting health, preventing disease, and ensuring access to healthcare services. This involves not only direct patient care but also advocating for policies that support healthy lifestyles and environments. By working collaboratively, professionals can create meaningful change that positively impacts the health of communities.

Physician health as a quality indicator

Physician health is an important indicator of the overall health status of a population. Professional well-being is critical for the delivery of high-quality care. However, stress, burnout, and mental health challenges among healthcare professionals can impair their ability to provide effective care. Addressing these issues requires a comprehensive approach that includes support, training, and policies aimed at promoting physician well-being. By ensuring that healthcare professionals are physically and mentally healthy, we can enhance the quality of care and the overall health of the population.

Physician health as a shared responsibility

Physician health is a shared responsibility among all stakeholders in the healthcare system. It is not only the responsibility of healthcare professionals themselves to take care of their own well-being but also the responsibility of the healthcare system, educational institutions, and policymakers to provide the necessary support and resources. This includes creating a culture of support, providing mental health services, and implementing policies that reduce work-related stress. By working together, we can create a healthcare system that not only delivers quality care but also promotes the health and well-being of all those involved.