Charter of Shared Values: A vision for intra-professionalism for physicians
https://policybase.cma.ca/link/policy13858

POLICY TYPE: Policy document
DATE: 2017-12-09
REPLACES: CMA Charter for Physicians (Update 1999)
TOPICS: Ethics and medical professionalism

Documents
Physician Health

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

It is widely recognized that health professionals are at risk of developing mental and physical health problems. This problem is particularly prevalent among physicians, who are exposed to a high level of stress and pressure due to the demands of their work. In recent years, there has been increasing recognition of the importance of addressing the needs of physicians in order to improve their health and well-being. This is particularly important because physicians are essential to the delivery of high-quality care and their health and well-being have a direct impact on patient outcomes. Therefore, it is crucial to develop strategies that support the physical and mental health of physicians and promote their well-being.

1. The state of mental and physical health

Physicians are at an increased risk of developing mental and physical health problems due to the demands of their work. This can lead to burnout, which is characterized by feelings of exhaustion, reduced productivity, and decreased motivation. In addition, physicians are at a higher risk of suicide, which is a significant public health issue. Therefore, it is crucial to develop strategies that support the mental and physical health of physicians and promote their well-being.

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GLAUBING PRINCIPLES

A greater understanding of patient health

A greater understanding of patient health

Physician health as a quality indicator

Physician health as a quality indicator

Physician health as a shared responsibility

Physician health as a shared responsibility