**PHYSICIAN HEALTH**

**BACKGROUND TO CMA POLICY**

1. **The Importance of Physician Health**
   - Your health may deteriorate faster in the context of providing medical services than in a given time period. Furthermore, your health may deteriorate faster if you continue to provide medical services in the context of providing medical services.
   - It is important to address all aspects of your health, including your emotional, social, and financial well-being. This includes taking steps to nourish and support your physical health and mental health.
   - The importance of addressing physician health has been recognized by a number of organizations, including the American Medical Association (AMA) and the Canadian Medical Association (CMA).
   - The CMA has developed a number of resources to support physician health, including the CMA Physician Health Resources website and the CMA Physician Health Line, which provides free and confidential support for physicians in need.

2. **The Role of Physician Health in Patient Care**
   - Providing care to patients requires a healthy body and mind. When you are not well, you may be less able to provide care that is effective or safe. This can have serious consequences for your patients.
   - Taking steps to support your own health can help you provide better care to your patients. This includes taking steps to nourish and support your physical health and mental health.

3. **The Importance of Physician Health in the Workplace**
   - The workplace is a key setting for addressing physician health. This includes creating a supportive work environment, providing resources for support, and promoting healthy habits.
   - The CMA has developed a number of resources to support physician health in the workplace, including the CMA Physician Health Resource Guide and the CMA Physician Health Line.

4. **The Importance of Physician Health in the Community**
   - Providing care to the community requires a healthy body and mind. When you are not well, you may be less able to provide care that is effective or safe. This can have serious consequences for the community.
   - Taking steps to support your own health can help you provide better care to the community. This includes taking steps to nourish and support your physical health and mental health.

5. **The Importance of Physician Health in the Political Landscape**
   - The political landscape is a key setting for addressing physician health. This includes creating a supportive political environment, providing resources for support, and promoting healthy habits.
   - The CMA has developed a number of resources to support physician health in the political landscape, including the CMA Physician Health Resource Guide and the CMA Physician Health Line.
What it is

A greater understanding of physician health is needed and can be obtained through improved knowledge, collaboration, and resources. This will require a systemic approach to understanding the factors that contribute to the well-being of physicians, and how these factors can be addressed through policy and programs.

Why it matters

Physician health is an essential factor in patient and public health. The health and well-being of physicians directly impact patient care and outcomes. Poor health can lead to decreased productivity, increased patient morbidity, and reduced job satisfaction. Effective policies and programs that support physician health can lead to improved patient care, reduced healthcare costs, and increased physician satisfaction.

Core principles

- Physician health is a shared responsibility.
- Physician health is a quality indicator.
- Physician health is an essential factor in patient and public health.
- Physician health is a systemic issue.
- Physician health is a policy priority.
- Physician health is a measure of health system performance.