Physician health
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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 definition of physician health and wellness is broad and encompasses the physical, emotional, and social well-being of physicians. It includes the ability to manage stress, maintain healthy relationships, and engage in activities that promote health. A holistic approach to physician health and wellness recognizes the interconnections between these domains and emphasizes the importance of self-care and professional support.

Why it matters
Physicians are the front line of healthcare and play a critical role in ensuring the health and well-being of their patients. Maintaining good health and wellness is essential for physicians to effectively manage their patients' health needs. A physically and emotionally healthy physician is better equipped to provide high-quality care, maintain patient confidentiality, and make ethical decisions. Moreover, a healthy physician is more likely to be present and engaged in their professional duties, which ultimately benefits patients.

Guiding principles
A greater understanding of physician health
- Physicians are an essential part of the healthcare system and their well-being is vital to the delivery of high-quality care.
- A comprehensive approach to health and wellness is necessary to address the multifaceted nature of physician health.

Physician health as a quality indicator
- The health of the physician is a critical factor in determining the quality of care provided to patients.
- A focus on physician health and wellness can improve patient outcomes and the overall efficiency of healthcare delivery.

Physician health as a shared responsibility
- Physician health and wellness is a shared responsibility between physicians, healthcare organizations, and the broader society.
- It is the collective responsibility of all stakeholders to ensure the well-being of physicians.