



AAN Statement on Commitment to Clinician Well-Being and Resilience

Clinician Burnout Interferes with Optimal Patient Care

At least fifty percent of US physicians have symptoms of burnout,^{1,2} including emotional exhaustion, cynicism, and reduced effectiveness in the workplace.³ Burnout adversely affects quality of care and patient safety and satisfaction.⁴

AAN's Commitment to Improving Clinician Well-Being and Resilience

The AAN's **vision is to be indispensable to its members** and its **mission is to promote the highest quality patient-centered neurologic care and enhance member career satisfaction**. As the largest society of neurology professionals world-wide, the AAN is one of the first organizations to quickly study the causes of burnout and initiate interventions.

The AAN's Neurologist Burnout Task Force is studying burnout's causes and developing mitigation and prevention strategies. Burnout stems from regulatory, workplace, and individual drivers and will require multifaceted solutions. A [survey](#) of over 5,000 US AAN members found neurologists to have one of the highest rates of burnout and lowest rates of work-life balance among medical specialties, with different drivers for practicing physicians and trainees.⁵⁻⁷ These findings assisted the group in assembling and creating prevention/mitigation resources, including a [webpage](#) dedicated to providing AAN members with tools, tips, and strategies for cultivating well-being and resiliency in their lives.

The AAN launched a new wellness-focused leadership program. Recognizing that it had well-developed resources for combatting burnout at the regulatory level, including the [Palatucci Advocacy Leadership Forum](#) and [Neurology on the Hill](#), the Academy created [Live Well, Lead Well—A Well-being and Resiliency Program for Neurologists](#) to address burnout at the workplace and individual levels. *Live Well, Lead Well* is a seven-month leadership program designed to empower neurologists by helping them cultivate well-being and resilience in their lives; increase engagement at work; and develop strong, lasting leadership skills. To expand the program's reach, attendees will share skills and strategies that they learn with their colleagues.

The AAN aims to **enhance member satisfaction, well-being, and resiliency with resources that support members throughout their careers**. A founding organization of the National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience, the AAN will work with other participants to better understand challenges relating to clinician well-being, increase awareness about clinician stress and burnout, and promote evidence-based solutions that improve patient care by enhancing clinician well-being.⁸

References

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