

## **Society for Academic Emergency Medicine's (SAEM) Statement on Commitment to Clinician Well-Being and Resilience**

SAEM's mission is "to lead the advancement of academic emergency medicine through education and research, advocacy and professional development." As such, we call for action to reduce the burden of burnout on our colleagues and trainees.

Emergency physicians have three times higher rates of burnout than the average physician. As half of the healthcare in the United States is delivered in emergency departments, this high rate of burnout has a potentially highly significant negative impact on patient care. It also has a negative trickle-down effect on our trainees, non-physician staff, and the greater community. As a Society, we are committed to developing, implementing, and evaluating interventions to promote physician wellness in general, and academic emergency medicine wellness in particular."

Burnout may occur at any time in a physician's career, including both medical school and residency training. Stressors and factors associated with burnout are different for physicians in academic settings when compared to private community practice settings or in different specialties. Efforts to evaluate and combat this public health crisis must therefore identify and address specific issues at all stages in a provider's career and in all practice settings (akin to precision medicine).

Emergency physicians with burnout provide suboptimal care to patients. They may obtain inappropriate diagnostic testing, provide poor pain control, and communicate poorly with patients and staff. As a result, emergency physician burnout is potentially disastrous for the healthcare system. Among academic emergency physicians, burnout additionally impairs creativity and productivity in research, innovation, and education. Burnout may contribute to physicians' departure from academia, creating a dearth of effective teachers, researchers, and mentors needed to sustain the emergency medicine specialty.

As a contributing participant in the National Action Collaborative on Clinician Well-Being and Resilience, and as the leading organization promoting research in emergency medicine, SAEM is committed to the following strategies:

1. Identification of risk factors leading to emergency physician burnout including those specific to resident, community, and academic physicians;
2. Development, implementation, and evaluation of interventions to **prevent** burnout and promote wellness in emergency physicians at all stages in their careers;
3. Development, implementation, and evaluation of interventions to **treat** and mitigate burnout in emergency physicians at all stages in their careers; and
4. Promotion of both individual- and systems-level solutions.

SAEM strives to advance academic emergency medicine. Improving physician well-being and preventing/combating physician and trainee burnout is central to our mission.