

The American College of Emergency Physicians (ACEP) promotes the highest quality of emergency care and is the leading advocate for emergency physicians, their patients, and the public. Fundamental to its mission are the following concepts:

- Emergency medicine is recognized and valued as an essential public service.
- Patients seeking emergency care are treated by board certified emergency physicians who are supported in their practices with all resources necessary to provide the highest quality medical care.
- Emergency physicians practice in an environment in which their rights, safety, and wellness are assured.
- All patients have health care coverage that ensures access to emergency services. Legally mandated health care services are fully funded.
- Resources for education and training of emergency physicians are sufficient to meet the workforce needs of the specialty.
- Emergency physicians are recognized and valued for their commitment to high quality patient care, teaching, leadership, research, and innovation.

ACEP understands that the well-being of our members is essential to their providing the best care to our patients. It is well known that emergency physicians have one of the highest rates of burnout of any specialty: *59% in Emergency Physicians (2017 Medscape Survey)*. ACEP has been active for several decades in supporting members with a vigorous Well-Being Committee and Wellness Section. The Well-Being Committee is a national committee whose responsibility it is to carry out the objectives of the College to promote wellness information available for members by developing multimodal campaigns for a culture change for emergency physicians to focus on the positive accomplishments in the ED, while the Wellness section is a group of ACEP members with a special interest in the area of practice longevity of emergency physicians. This past year, ACEP and the Council of Residency Directors sponsored a Wellness Summit where all emergency medical organizations addressed the issues that affect our practice and contribute to the high burnout rate. ACEP's current wellness activities include:

- An annual wellness week where ACEP provides information to our members on building personal resiliency and improving the work environment. ACEP strives for a 30% participation rate from ACEP's membership and encourages personal and professional well-being strategies in addition to sharing tactics of those successfully creating resiliency for themselves. ACEP promotes wellness information available for emergency physicians via multimodal campaigns prompting culture change that focuses on the positive accomplishments in the ED.
- Development of an electronic repository for documentation of Wellness Week events by participants as well as serve as an online resource for articles that improve being well, bringing "joy" into practice, and mitigating litigation stress.

- A free [downloadable](#) Wellness Guide has in this past year been revised and is available to all members (and the public).
- Follow up of the Wellness Summit including the following:
  - Development and publication of a proceedings document which summarizes the discussions and next steps for the major emergency medicine organizations to take.
  - Development of a Wellness survey to be distributed to all emergency physicians to research current rates of burnout, and current and possible approaches to mitigating that stress and developing resilience.
  - Consideration of the creation of an Wellness Institute for Emergency Medicine which would serve as a resource center to promote clinician well-being and disseminate best practices across the specialty and sister organizations.
- An annual [Wellness Center](#) at our annual Scientific Assembly which provides extensive resources throughout the three-day meeting on ideas for reducing burnout and improving personal and professional relationships.
- ACEP works with other emergency medicine organizations (Emergency Nurses Association, the Society for Emergency Medicine Physician Assistants, and the American Academy of Nurse Practitioners) on the recommendations from the Wellness Summit. This includes such items as determining factors associated with a 'well' workplace and which are associated in departments with high turnover and burnout rates.

ACEP is committed to continuing these activities on an on-going basis. Emergency Medicine has begun to work together to share resources across organizations to be more efficient and more effective in providing support and resources to all emergency physicians. We would be interested working with other specialty organizations to share experiences and resources.