



American Osteopathic Association's Statement on Commitment to Clinician Well-Being and Resilience

The American Osteopathic Association (AOA), the professional association for more than 129,000 osteopathic physicians (DOs) and osteopathic medical students recognizes that burnout, depression, and suicidal ideation (or simply, physician wellness) are multifactorial issues that are impacted by physicians' socioeconomic stresses and other factors of lifestyle, loss of autonomy in the workplace, and ever-changing demands of regulations.¹ These factors can pose a heavy burden on physicians at different stages of their careers (e.g., student, resident, practicing physician, and retired physician).

The AOA adheres to the osteopathic approach that looks at all facets of the physicians' life, which includes physical, social, emotional, and mental elements at all stages of career development. In addition, the osteopathic approach recognizes that burnout, depression, and suicidal ideation extend beyond the student/physician, but also affect family, friends, and ultimately, patients. Family and friends often suffer in silence when a physician's wellness is challenged. The AOA and its leaders are committed to the wellbeing of physicians throughout their careers and beyond.

The AOA is committed to engaging all levels of the profession and promoting a shared vision that encourages physician wellness. Thus, the AOA has not only developed its own Physician Wellness Strategy, but it is joining efforts of other great organizations with a vested interest in the area of wellness such as the National Academy of Medicine. AOA is a sponsor of the National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience. To view AOA's Physician Wellness Strategy, please visit the [AOA Physician Wellness Page](#).

About the AOA:

Serving as the professional family for more than 129,000 osteopathic physicians (DOs) and osteopathic medical students, the American Osteopathic Association (AOA) promotes public health and encourages scientific research. In addition to serving as the primary certifying body for DOs, the AOA is the accrediting agency for all osteopathic medical schools and has federal authority to accredit hospitals and other health care facilities.

Continually striving to advance the distinctive philosophy and practice of osteopathic medicine, the AOA stands for the following universal principles:

- *Enhancing the value of AOA membership*
- *Protecting and promoting the rights of all osteopathic physicians*
- *Accentuating the distinctiveness of osteopathic principles and the diversity of the profession*
- *Supporting DOs' efforts to provide quality, cost-effective care to all Americans*
- *Collaborating with others to advance the practice of osteopathic medicine*

The AOA stands firmly behind osteopathic physicians' ethical and professional responsibilities to patients and the medical profession. We offer an in-depth look at our ethical standards in our official Code of Ethics. Our policies and positions also outline the AOA's stance on major health issues affecting all areas of society.

¹ Privitera, M. R., A. H. Rosenstein, F. Plessow, and T. M. LoCastro. 2015. Physician burnout and occupational stress: An inconvenient truth with unintended consequences. *Journal of Hospital Administration* 4(1):27–35.