

## **Christiana Care Health System's Commitment to Clinician Wellbeing and Resilience**

Christiana Care Health System is fully dedicated to the wellbeing of our providers, staff and community. We strive to foster an optimal clinical environment for working, learning and providing excellent care. Our commitment is reflected in our mission, articulated by The Christiana Care Way:

“We serve our neighbors as respectful, expert, caring partners in their health. We do this by creating innovative, effective, affordable systems of care that our neighbors value.”

Delivering on Christiana Care's mission calls for health care providers to be at their best. A growing [body of evidence](#) demonstrates the need for health care organizations to focus attention on clinicians' work-life integration, professional fulfillment and overall wellbeing. This approach optimizes the health of our clinicians and our patients.

The time is right for forward-thinking academic health centers to proactively address provider wellbeing and engage trainees directly in those wellbeing initiatives.

At Christiana Care, we embrace the Quadruple Aim of better health and improved patient experience at lower cost – with clinicians who find joy and meaning in their work. To help our clinicians achieve this, we are investing in their health, fulfillment and resilience, employing a comprehensive approach with support, education and research.

Christiana Care has established a [Center for Provider Wellbeing](#), spearheading efforts to improve clinicians' personal resilience from internship through expert levels, promote a culture of wellbeing, improve the experience of providing care in our organization and contribute to the body of evidence on provider wellbeing through research and measurement.

When clinicians are supported and feel fulfilled in their work, they can do their best to provide the highest quality care for their patients. We commit to supporting one another and we strive to promote clinician wellbeing and a system where this is achievable.

[Christiana Care Health System](#) is one of the country's largest health care systems, ranking as the 22nd leading hospital in the nation and 11th on the East Coast in terms of admissions. The health system includes four campuses: Christiana Hospital, Wilmington Hospital, Middletown Emergency Department and Concord Health Center. Services include preventive medicine, community health, home health, rehabilitation, the Helen F. Graham Cancer Center & Research Institute, a primary and specialty care physician network and outpatient services in Delaware, Maryland, New Jersey and Pennsylvania. Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services. Christiana Care has Delaware's only Level I trauma center, the highest capability center and the only one of its kind between Philadelphia and Baltimore, and a Level III neonatal intensive care unit, the only delivering hospital in Delaware with this level of care. Christiana Care trains more than 280 residents and fellows annually.