

**Answering the Call: Action Collaborative on Clinician Well-Being and Resilience
American Association for Physician Leadership[®] Commitment Statement**

As a network organization for the National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience, the American Association for Physician Leadership (AAPL) remains committed to providing inter-professional clinician wellness programming. AAPL does this by continually growing and supporting a community of physicians who bring about transformative and sustainable solutions that actively address clinician burnout across the care continuum.

The association asserts that to prevent burnout, there needs to be a combination of organizational and systems change paired with awareness-building and education for clinicians. In November 2017, the AAPL "Beyond Burnout and Resilience" symposium was launched in Scottsdale, Arizona as a physician leader wellness program that attracted those seeking solutions and tools to better combat potential burnout not only for themselves, but for their teams and organizations. The symposium offered physician leaders a chance to reflect on personal well-being through physician-led activities and physician-created workshops. This inaugural program presented techniques designed to help physician leaders navigate increasingly complex health care systems while empowering and energizing them to also inspire change and transformation within the industry at multiple levels.

Because there is no short-term fix for burnout, participating physicians continue the year-long program through ongoing wellness, career coaching and numerous featured activities that are supported by a robust technical infrastructure and interactive community. AAPL has committed to nurturing this community by planning additional Beyond Burnout & Resilience symposia that will grow the existing community, support other clinician leaders and promote clinician wellness as a social movement to heal the healers. These clinicians better understand the power of a multiplier effect and will be leveraging this approach resulting ultimately in improved patient care outcomes with increased satisfaction.

Beyond Burnout & Resilience:

- Leaves physicians energized and focused with a personal and professional development plan.
- Provides pre- and post-workshop activities to maximize self-discovery and amplify onsite learning and growth.
- Guides participants on a thorough, intensive program led by physicians at the pinnacle of wellness research.
- Instills techniques to navigate the increasingly complex health care system.
- Infuses a lasting sense of community with peers who provide support, mentorship and guidance.

- Delivers strong emphasis on personal reflection opportunities provided daily utilizing engaging formats.

Individual Educational Objectives of Beyond Burnout & Resilience:

- Demonstrate an increased awareness of how various stressors impact personal and professional performance that can then impact patient care outcomes.
- Achieve practical and sustainable approaches to gaining improved balance and perspective in personal lives.
- Achieve practical and sustainable approaches to implement improved professional initiatives that positively impact patient care.
- Demonstrate insights toward implementing improved techniques for navigating and helping change the complex healthcare organizations where they practice.

Learn more about **Beyond Burnout & Resilience**: <https://www.physicianleaders.org/burnout>

For over 40 years, the American Association for Physician Leadership is the only organization focused on maximizing the potential for physician leadership through physician leadership education, training, career guidance and a supportive community to improve patient outcomes and the health care industry.