



## AAP's Commitment Statement on Clinician Well-Being & Resilience

The Association of Academic Physiatrists (AAP) is a national organization of current and in-training physiatrists who are dedicated to improving patient care through research and education. Yet in order to take steps forward in patient care, we all need to make great strides in physician care. Research shows that burnout is more common among physicians than any other US workers. For physiatrists, the numbers are even higher with 63% reporting that they experienced burnout in 2014. The statistics are most dire for medical students, residents and fellows. Without individual, institutional and systematic changes, everyone will pay the price. Physician burnout and depression are linked to medical errors, depersonalized care and physicians leaving the field altogether.

Reducing physician burnout is critical to achieving the AAP's mission – and the sustained future of quality healthcare. The AAP is fully committed to enhancing physician well-being and resilience through the following strategies:

- **Advocacy** – The AAP will advocate to ease regulatory and documentation burdens that have increasingly pulled the physician away from the patient's side and placed them in front of a computer, in addition to supporting novel models to ease compliance.
- **Research & Education** – A strategic priority of the AAP is to “Create wellness materials for practicing and in-training physicians.” The AAP will work to achieve that through CME wellness programs at the Annual Meeting and free wellness tools on its website. Furthermore, the AAP will collect “Burnout” and “Wellness/well-being” data longitudinally from our members to monitor the impact of these programs and need for additional interventions.
- **Collaboration** – AAP members will actively participate in workgroups, committees and sessions aimed at reducing physician burnout with the American Medical Association, Association of American Medical Colleges and the Accreditation Council for Graduate Medical Education.
- **Leadership Development** – The AAP will provide mentoring and leadership skills training to medical students, residents, fellows and early career physicians to help them succeed in their professional development as future leaders.
- **Public Awareness** – The AAP will promote physician well-being by consistently elevating information regarding contributing factors and strategies for preventing burnout in our electronic and print newsletters and social media channels.

The AAP, as the academic arm of the specialty, is uniquely positioned to influence change within training programs, medical universities and teaching hospitals. The AAP will work to train physiatrists on how to identify burnout signs, and is actively developing resources on physician wellness for today's and tomorrow's leaders in the field. Through these ongoing efforts, the AAP will help physicians adequately care for themselves so that they can safely care for their patients.