

National Board of Medical Examiners (NBME)
Commitment Statement on Clinician Well-Being

The NBME is committed, along with like-minded organizations, to identifying potential sources of burnout for physicians in training and contributing to solutions.

In early 2018, the National Board of Medical Examiners will be convening the inaugural Re-examining Exams: NBME Effort on Wellness (RENEW) task force. Our goal in this initiative is to address the challenge of physician wellness and to acknowledge the stress caused by working in the health professions that begins during the educational and training processes. The inability to acknowledge and address stressors faced by healthcare trainees can result in higher personal and organizational burdens, as well as illness, thereby affecting patient care. Existing research shows that over half of medical school students are already burned out, and this can lead to a lower fund of knowledge, medical errors, unprofessional behavior, and can even affect career choice.

Our primary objective is to convene a summit of leaders in the field to develop and execute a research agenda that will lead to actionable interventions to promote wellness and mitigate burnout. The long-term objective is to understand the role high-stakes exam and secondary uses play in affecting physician wellness. Alongside other healthcare professional organizations that are also currently addressing this issue, we hope to contribute to a better functioning healthcare system.

The desired deliverables of this task force are as follows:

- Convene a summit of leaders in the field and others in the house of medicine to develop a research agenda related to physician wellness/burnout related to high-stakes assessments and the secondary uses of those assessments.
- Collaborate with like-minded organizations/institutions to conduct research and produce scholarship to inform logical next steps and recommendations.
- Based on findings, support actionable interventions that might promote wellness and alleviate burnout amongst learners and trainees in the context of assessment.
- From this research and expert engagement, develop an action plan that informs policy, research, and possibly new assessment development.