

## **American College of Preventive Medicine Statement of Commitment National Academy of Medicine Clinician Resilience Collaboration**

The mission of the American College of Preventive Medicine (ACPM) and its physician-members is to improve the health of individuals and entire populations through evidence-based health promotion, disease prevention, and systems-based approaches to improving health and health care.

ACPM identifies the issue of clinician resilience and poor well-being as a threat to both individual patient health and to population and public health. Among the many risk factors are poor care due to less motivated and less engaged practitioners (also impacting patient engagement and satisfaction), increased clinician error, and reduced numbers of practicing physicians and allied health professionals just when we face an aging population that requires more, not less, providers.

ACPM commits to working to address this critical healthcare issue, and collaborating with the other members of the NAM initiative. ACPM brings to the table the experience and knowledge already developed while addressing numerous lifestyle-driven health issues – developed while leading a prior consensus panel comprised of eight professional medical societies (ACPM, AAFP, AMA, ACSM, ACLM, ACP, AOA, AAP).

The panel's work, as published in JAMA ([JAMA. 2010; 304\(2\):202-203](#)) recognized in part that

- Doctors themselves cited inadequate confidence and lack of knowledge and skill as major barriers to counseling patients about lifestyle interventions.
- Current medical education includes inadequate lifestyle medicine training (nutrition, physical activity, weight management, stress management, sleep, etc.)

The resulting program addresses this knowledge gap with modules on stress management, nutrition, sleep health, physical activity, alcohol and tobacco risk/reduction, coaching behavior change, and weight management. It is designed not just for patients, but also to encourage clinicians to set a good example by adopting healthy lifestyle changes that will maintain or improve their own health.

Already adopted by the CDC, numerous residency programs and CMMI for the Million Hearts initiative, ACPM is committed to collaborating with others so that this knowledge can be shared more broadly.