

## Statement on Commitment to Clinician Well-Being and Resilience

The University of Notre Dame's Ruth M. Hillebrand Center for Compassionate Care in Medicine was founded in 2011 to advance the application of the science of compassion at every level of medical education and practice. Our vision is to train the clinician mind for optimal compassionate and competent clinical performance that integrating methods required to safeguard clinician well-being and improve patient outcomes.

The Hillebrand Center at Notre Dame is committed to working collaboratively with other healthcare organizations and NAM to address the complex issues associated with clinician well-being and burnout. This launching of the Action Collaborative on Clinician Well-being and Resilience acknowledges that coordinated, multi-level actions will be needed to contend with challenges and identify opportunities to facilitate change. The Hillebrand Center is expanding its offering of programs for physicians/clinicians who are experiencing burnout, helping them work toward personal recovery by applying the cutting-edge scientific study of compassionate care by clinicians.

Based on a scientific understanding of compassion incorporating biology, neuroscience, and psychology, the Hillebrand Center at Notre Dame undertakes research and training on the Clinician Compassion Mindset Process. Training healthcare professionals in the Clinician Compassion Mindset increases their ability to manage more challenging patients and increasingly stressful situations. It also increases clinician compassion satisfaction, which is the key factor in moving from buffering burnout to thriving in the clinical practice of medicine. At Notre Dame, the goal of maintaining clinician well-being and promoting resilience begins with our active learning pre-professional curriculum for the physicians/clinicians of future generations, as well as providing consulting and programs in continuing medical education, at systems and organizational levels, and in medical schools and residency programs.

The Hillebrand Center at Notre Dame teaches the Model of Balanced Compassionate Caring that simultaneously promotes clinician well-being and improves patient care. It connects the clinician experience to the patient experience by focusing training on optimal clinician mindset performance based on four components: 1) Defining the attitudes underlying and supporting the Clinician Compassion Mindset; 2) Providing practices and skills that make the Clinician Compassion Mindset sustainable; 3) Addressing organizational, business, and systemic factors that support or impede the individual's compassion mindset; 4) Engaging the clinician's spirituality or philosophy of caring that helps the clinician survive and thrive over the course of a healthcare career.