

## CRITICAL CARE SOCIETIES COLLABORATIVE (CCSC)



*We help the world breathe*  
PULMONARY • CRITICAL CARE • SLEEP



### **Commitment Statement by the Critical Care Societies Collaborative on Clinician Well-Being and Resilience**

The Critical Care Societies Collaborative (CCSC), which is comprised of the four major critical care-focused U.S. professional and scientific societies, recognizes the importance of enhancing well-being and resilience and mitigating burnout among critical care professionals. CCSC acknowledges the unique challenges of working in the ICU environment including fast-paced high-stakes decision-making, long and irregular hours, and frequent end-of-life scenarios often accompanied by moral distress. CCSC embraces the multi-professional nature of our work as well as the principles of a healthy work environment. Published reports attest to the excessive rates of burnout experienced by Intensivists and ICU nurses and serve as a compelling driver for our commitment to optimizing wellness and defeating burnout among our healthcare professionals.

In 2016, the CCSC issued a “Call to Action” to address burnout syndrome in critical care healthcare professionals – jointly published in the official journals of all 4 CCSC professional societies. We reviewed relevant research and addressed potential interventions for mitigating burnout (Moss et al 2016, DOIs: 10.1016/j.chest.2016.02.649, 10.4037/ajcc2016133, 10.1164/rccm.201604-0708ST, 10.1097/CCM.0000000000001885). It is upon the principles articulated in this publication that we state the CCSC commitment to the National Academy of Medicine Action Collaborative on Clinician Well-being and Resilience. Core aspects of our efforts include the following:

- **Raise Awareness, Educate, and Promote Dialogue** as to the importance of enhancing well-being and resilience and mitigating burnout among key stakeholders including critical care healthcare professions, unit-based leaders, hospital administrators, funding agencies, professional societies, academic institutions, patient advocacy groups, and policy makers. In a coordinated effort to further promote the dissemination of awareness and gauge membership feedback, the CCSC has sponsored symposia at the national meetings of our professional societies. In addition, the CCSC has developed burnout

related information on the CCSC website (<http://ccsconline.org/optimizing-the-workforce/burnout>) and promoted social media engagement using the hashtag #stopICU burnout.

- **Facilitate Multi-professional Development and Dissemination of Tools and Approaches to Enhance Well-being and Mitigate Burnout in the ICU.** Building on the “Call to Action”, the CCSC recently sponsored a National Summit on the management and prevention of burnout in critical care and engaged 55 invited experts in fields ranging widely from psychology, to occupational medicine, ethics, and mindfulness based stress reduction, and including former ICU patients, graduate students, and numerous national organizations ([ccsconline.org](http://ccsconline.org)). CCSC is planning additional activities to continue this work focusing on identification of burnout, risk factors, and interventions to prevent and mitigate burnout.
- **Develop and Facilitate a Research Agenda for Mitigating ICU Burnout.** An important component of the Summit was to begin developing a research agenda as it pertains to well-being and burnout among critical care healthcare professionals. Areas for additional research with implications for ICU clinicians include measures to identify and quantify risks for burnout, and the impact of targeted interventions. The CCSC plans to launch a call for research focused on addressing the prevention and mitigation of burnout among critical care healthcare professionals.

The CCSC submits this commitment statement in support of the National Academy of Medicine’s Action Collaborative on Clinician Well-Being and Resilience. The CCSC will continue to push for improved awareness of burnout among its members, disseminate knowledge and facilitate access to individual or organizational tools and approaches to enhancing wellness and resilience, and continue to address the prevention, identification, and mitigation of burnout for ICU healthcare professionals, as the future of the profession, as well as optimal patient care, depends upon it.

FOOTNOTE: The Critical Care Societies Collaborative (CCSC, [ccsconline.org](http://ccsconline.org)) is comprised of the four major critical care-focused U.S. professional and scientific societies including the American Association of Critical Care Nurses (AACN, [www.aacn.org](http://www.aacn.org)), the American College of Chest Physicians (CHEST, [www.chestnet.org](http://www.chestnet.org)), American Thoracic Society (ATS, [www.thoracic.org](http://www.thoracic.org)), and the Society of Critical Care Medicine (SCCM, [www.sccm.org](http://www.sccm.org)). The CCSC serves more than 650,000 critical care professionals.