

Action Collaborative on Clinician Well-Being and Resilience Primary Care Progress Commitment Statement

This commitment statement is in support of the National Academy of Medicine’s national movement to improve baseline understanding of the challenges to clinician well-being, bring greater awareness to the issue of clinician stress and burnout, and promote evidence-based multidisciplinary solutions.

Founded in 2010, Primary Care Progress (PCP) is on a mission to strengthen the community at the heart of care. Growing out of a grassroots primary care revitalization effort launched at Harvard Medical School, PCP has transformed over the years from an alliance of medical school-based teams promoting primary care, into a national movement — a powerful learning collaborative of current and future health professionals from across disciplines and career stages.

Every year, PCP works with thousands of primary care practitioners and health professions students to understand and address factors affecting clinician well-being. Our approach to bolstering wellness is twofold: through intentional community building to foster connection and resilience, and through a leadership development model based on [Relational Leadership™](#), which complements an understanding of the technical aspects of clinical innovation with a focus on cultivating authentic relationships to create effective interprofessional care teams. This approach aligns with the growing embrace of new team-based models [shown to](#) alleviate some of physicians’ burden, increase engagement of clinical and non-clinician staff, improve patient outcomes, and reduce costs. PCP supports current primary care practitioners, educators, and medical students as they move beyond traditional lone-rangerism toward relationship-based coordination. PCP stands committed to continuing to provide these programs and services, continuously adapting them to meet the demands of today’s ever-changing healthcare environment.

In addition to PCP’s programs and services, we’re also actively advancing conversations around the important issue of clinician burnout. PCP President and co-founder, Andrew Morris-Singer, M.D., who has more than 20 years of advocacy experience, has delivered dozens of keynotes on the power of community building in primary care — most notably at the [2017 Aspen Ideas Festival](#).

Raising awareness of the role of isolation on levels of burnout and depression is also a critical priority for the PCP Board of Directors. Board member Andrew Ellner, M.D., co-director and co-founder of the Center for Primary Care at Harvard Medical School, has advocated for [fostering stronger relationships within and across practices](#) as “an antidote to the isolation and monotony of primary care.”

There is much more work in motion at PCP to elevate evidence-based, multidisciplinary solutions that will improve the well-being and resilience of primary care practitioners. Throughout 2018, PCP’s

Director of Communications, Elizabeth Métraux, has engaged practicing physicians, medical students, residents, and thought leaders across the country on the topic of clinician burnout. [Starting as a research project](#) to understand the attitudes and concerns of individuals with whom we work, Métraux's work has evolved into a much larger initiative to both deeply understand the experiences of clinicians confronting burnout, and foster the community and connection so vital to ameliorating the problem. We're confident our research and interventions will be of significant value to NAM's growing compendium of resources and solutions.

The American healthcare system is in crisis, and healthcare professionals need connection now more than ever. Through our programs, services, and research, PCP will continue to help practitioners thrive.